INGREDIENTS FOR THE GOOD LIFE

# EatingWell®

APRIL 2021

# What's Next in Food:

**The most delicious, sustainable and innovative changes coming to a plate near you.**

**42 FRESH RECIPES FOR SPRING**

Chicken & Broccoli with Herb Butter Sauce, *PAGE 49*

**4 Things You Can Do to Save the Bees**

**The Best [& Safest] Green Kitchen Cleaners**

**New Reasons to Keep Your Coffee Habit**

**What to Eat to Ease Asthma**

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**COVER PHOTO:** JACOB FOX; STYLING: KELSEY MOYLAN (FOOD), SUE MITCHELL (PROPS); **COVER RECIPE:** PAGE 49. **THIS PAGE:** JENNY HUANG; STYLING: PEARL JONES (FOOD), STEPHANIE YEH (PROPS)

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JASON DONNELLY; STYLING: LAUREN RAGLAND BELVIN; FOOD STYLING: KAREN BLICKLEY MIRKOVICH

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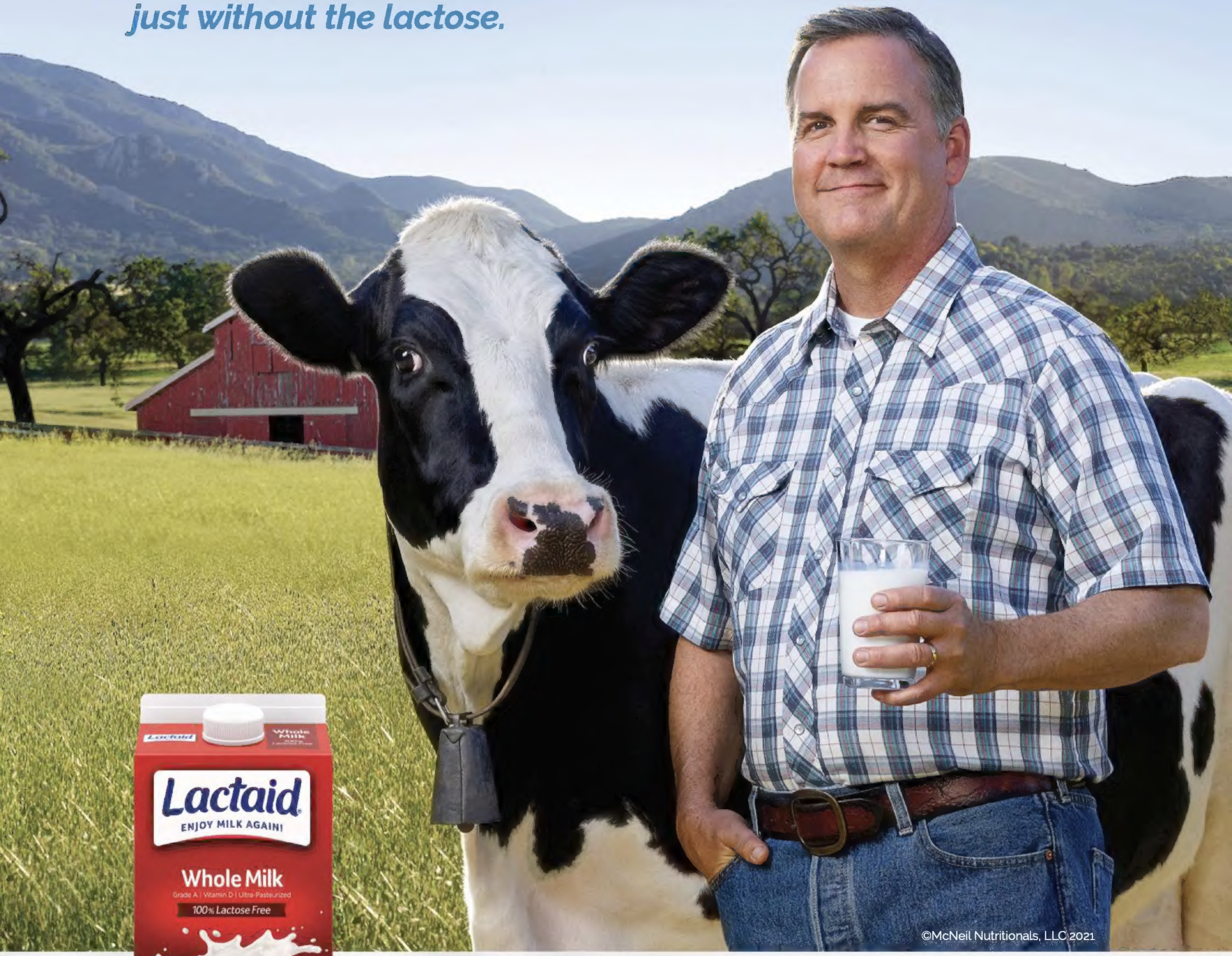


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# Innovation at Work

This issue features stories focused on what's next in food—so naturally, I've been thinking about innovations. It has me feeling lucky to live in Charlotte, the Vermont town (population 3,754) where *EatingWell* was founded, because it gives me a front-row seat to some cool developments. Thanks to a history of conservation, there's plenty of active farmland here, but what's growing on it is changing.

As in much of New England, the dairy industry—which had dominated this area for more than 150 years—has experienced a massive collapse in the last decade. Although there are still a few dairies hanging on in Charlotte, the array of offerings grown and produced here has ballooned to include all sorts of goodies you might not have found just 20 years ago. We have several diversified operations with vegetables, meat, flowers and CSAs. Vineyards full of Marquette and La Crescent wine grapes, varietals bred for colder climates, spill down the gentle slope from Mt. Philo. The Nitty Gritty Grain Co. grows wheat and corn to mill into super-fresh fragrant meal and flour for nearby bakeries and grocery stores. Sobremesa, a "farm-to-ferment" brand, sources ingredients from farmers throughout the state for its kimchis, krauts and kombucha.

And then there's Nordic Farms. Several years ago, the owner of this prominent dairy auctioned off his herd and sold the land to local farmer and entrepreneur Andrew Peterson and several investors who also own Hotel Vermont a few miles away in Burlington. Peterson had his sights set on the big barn—he turned it into a malt house, a gigantic "toaster" of sorts that transforms barley, wheat, rye and other grains into malt. (The grains are grown by Peterson and 16 other Vermont farmers.) He sells the malt to craft beer makers, thirsty for local ingredients. But Peterson's mission for the Nordic Farms is bigger than just malt. About 10 acres are dedicated to growing food for Hotel Vermont. And he has created an "ag maker space" to help a new generation of farm and food businesses get up and running. Among those: Slowfire Bakery, which has taken over a section of the barn and is turning out loaves made from grains grown and milled right on the property. And the one that surprises me the most: a former oyster farmer is using the calving barn to raise *shrimp*! The shrimp grow up in recirculating tanks, a green way to produce these succulent crustaceans, because there is no destruction of delicate tidal mangrove habitats, as happens with some shrimp aquaculture.

Is tiny Charlotte particularly blessed with good food innovators? Maybe, but it's by no means unique. This issue takes us to a Kentucky coal-mining town where new jobs are coming from a 60-acre greenhouse farm *(page 64)*. We also go to British Columbia to learn how indigenous methods are being revived to create clam "gardens" *(page 68)*. And we head to Puerto Rico to meet the members of a collective aiming to reduce the island's dependence on imported food *(page 72)*. These stories and more show that change is happening everywhere. I can't wait to see what's next!

Jessie

Jessie Price, editor@eatingwell.com

Follow me on Instagram @jessieeatswell

In 2019, just after the USDA relaxed regulations for hemp and CBD, fields around Charlotte, Vermont, like this one, that once may have grown corn for cows, sprouted hemp. You could smell it for miles!

JESSIE PRICE

# LITTLE PACKAGE, LOTS OF FLAVOR— *just like me!*

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## WE ASKED YOU:

**If you could invent a kitchen appliance of the future, what would it do?**

**Empty the dishwasher** and put the dishes away, à la "Rosie" from *The Jetsons*! —*ladyface2354*

Something to **figure out the recipe** to "I don't know" or "I don't care" when I ask my family what they feel like for dinner!! —*jahnineblosser*

De-stem, remove seeds and slice or dice **my jalapeño peppers.** —*keywestjoe*

Something that would **take meat out of the freezer** in time and defrost it safely. —*Valerie.lizotte.545*

**A cabinet inventory keeper.** —*nata75h2*

Instantly **freeze my prepared meals** and compress them for easy storage. When defrosted, they would automatically pop back to life! —*vanessamorse*

**Self-cleaning refrigerator.** —*csobe09*

**What's your favorite backyard barbecue recipe?**

Scan this code to tell us and we may publish your answer in a future issue.

## WHAT'S TRENDING ON EatingWell.com

1 **Brunch Around the World** Taste our favorite global recipes. Think: shakshuka *(left)*, idli, congee, chilaquiles, quiche, miso soup and much more. *EatingWell.com/GlobalBrunch*

2 **Sodium Swaps** Fresh herbs, flavorful spices and other smart add-ins go a long way toward punching up dishes sans salt. Steal our tricks, plus learn how curbing sodium can help your health. *EatingWell.com/SodiumSwaps*

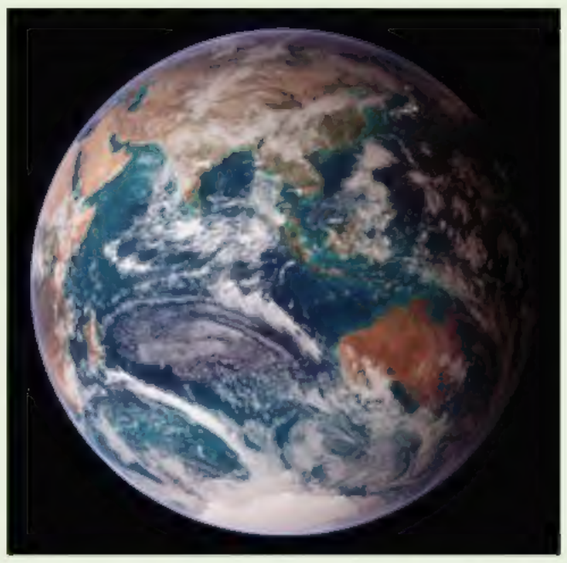
3 **30-Day Sustainable Eating Challenge** Green up mealtime with recipes featuring better-for-the-planet proteins and ideas for reducing food waste. *EatingWell.com/SustainableChallenge*

## THE EATINGWELL GOOD-LIFE GURUS

We're following these climate champions on Instagram to celebrate Earth Month.

**@gretathunberg**
The **18-year-old Swedish environmental activist is** famous for scolding world leaders in 2019 for not taking immediate action against climate change—"How dare you?!" And if you haven't followed her on Insta yet, head there now. Sure, some of her posts are in Swedish, but they get us fired up anyway—especially her work with School Strike for Climate: an international movement of students demanding action against global warming.

**@zerowastehome**
**Bea Johnson** has been committed to a minimalist, trash-free life since 2008 and currently resides in an 188-square-foot Airstream trailer. Her Instagram is rife with inspiration to make your own life more sustainable: a snap of her bulk-bin shopping, tips on regrowing produce from scraps, advice on buying secondhand clothes. She's also the author of *Zero Waste Home* and works as a motivational speaker, spreading the no-waste gospel.



**@nasaclimatechange**
Prepare yourself for sheer wonder—but also some heartbreak and anxiety—at this account helmed by **NASA climate scientists.** You'll see images of melting glaciers, the aftermath of mass forest fires, and destruction caused by rising sea levels. However, you'll also find cool charts, graphs and links with updates from NASA's current work. Overall, visual motivation to clean up our act, if there ever was one.

PENNY DE LOS SANTOS; GRETA THUNBERG VIA REUTERS; INSTAGRAM; @ZEROWASTEHOME; NASA IMAGE BY RETO STÖCKLI

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# GOOD LIFE

FRESH IDEAS FOR EVERY DAY

ALAN SHAPIRO/STOCKSY

## Bee the Change

*Pollinators are said to be responsible for one-third of the food we eat. Yet their populations are in decline. While the easiest thing we can all do is plant more flowers in more places, we can also aid researchers in their efforts to safeguard the bees. Turn the page to see how.*

***By Julie Kendrick***

# Here's what the buzz is all about

When people find out what Elaine Evans, Ph.D., does for a living, they inevitably ask, "How are the bees doing?" As an extension educator and researcher at the University of Minnesota's Bee Lab, her job is to not only protect these pollinators, but to galvanize the general public to pitch in, as well. Statistics show that one out of every three bumble bee species is in decline. Honey bees, too: last year, U.S. beekeepers saw 44% of their colonies die off—due to climate change, habitat loss and infectious pathogens—the second highest colony mortality since 2010.

The good news, Evans says, is that anyone can pitch in to save the bees by simply snapping and sharing a photo. Crowdsourcing efforts known as citizen science programs have volunteers collect data from their own backyards and share it with researchers around the globe. "Researchers can only cover a small part of the landscape by themselves," explains Evans, "so having the general public out there taking photos or doing bee counts gives us vital information on endangered pollinators." And participation in these programs is blooming. In the last five years, the number of bee sightings reported to the Bumble Bee Watch *(below)* increased from 4,000 to 20,000 annually.

**Here are some ways you can get involved:**

**Backyard Bumble Bee Count**
In July, you can submit photos and the number of bumble bees you spot via Backyard Bumble Bee Count's online survey or app. Data from this project informs important research, like a study that was recently published in the journal *Insect Conservation and Diversity* on habitat requirements for two North American bumble bee species at risk of extinction. (*iNaturalist.org/projects*)

**BeeWise Honey Bee Pollen & Nectar Map**
An estimated 75% or more of the world's flowering plants depend on our pollinators. And catching bees in the act of collecting nectar or pollen is exactly what this initiative is about. Scientists hope that photo submissions that identify both the bee and flower species will help them learn more about bees' preferred foraging conditions. (*iNaturalist.org/projects*)

**Bumble Bee Watch**
Keep your eyes peeled to record any and all sightings as part of an effort to track and conserve North America's bumble bees. "With any luck, you might help us find remnant populations of rare species so we can try to intervene before they go extinct," says Rich Hatfield, a senior conservation biologist who works on the program through the Xerces Society for Invertebrate Conservation. (*BumbleBeeWatch.org*)

**Bee Informed Partnership**
This nonprofit calls on beekeepers to collect and share details about how different factors like eating habits, temperature and disease impact their colonies' health, which can then be used to keep everyone's hives thriving. For example, the org's mite check survey helps scientists learn more about varroa mite infestations that are threatening colonies nationwide. (*BeeInformed.org*)

ILLUSTRATIONS BY SARAH MCMENEMY

honey bees.

# MAKE THE FOOD WORLD GO 'ROUND

Honey is crafted in nature by honey bees, but their contributions to our planet don't end there. Hard-working honey bees are responsible for pollinating one-third of the global food supply, including foods like fruits, vegetables and nuts. Not to mention meat and dairy, which depend on bees to pollinate livestock feed crops, like alfalfa.

Many of the ingredients that contribute to a balanced and healthy diet wouldn't be possible without honey bees. This Ginger Pork Noodle Bowl features several ingredients that benefit from honey bee pollination, including crunchy red bell peppers, refreshing cucumbers, crisp carrots and sweet honey.

When you use honey, you're not only choosing an all-natural ingredient, you're also making a choice to support all the busy little bees that make our food world go 'round.

**To find this Ginger Pork Noodle Bowl recipe and to explore the world of honey and bees, visit honey.com.**

National Honey Board®

# Breathe Easier

5 simple lifestyle moves that have been shown to curb asthma symptoms.
**By Samantha Cassetty, M.S., RD**



**More than 25 million Americans have asthma,** a chronic inflammatory condition in the airways that can cause wheezing, coughing and shortness of breath. Symptoms can be triggered by a host of things, like pollen, changes in the weather or airborne irritants like smoke or dust. And while medication is often the front-line way of managing asthma (along with avoiding suspected culprits, when possible), new research is discovering that healthy lifestyle choices, including the habits here, can help too.

## Fuel with Flavonoids

People with asthma have inflamed airways, making them more sensitive to outside irritants. But antioxidant-rich fruits and veggies may quell that inflammation and ease symptoms, according to a review published in the journal *Nutrients*. The researchers found that eating produce was associated with less wheezing and lower overall asthma severity.

**Additional research suggests that eating colorful fruits and vegetables high in flavonoids—like berries, red cabbage, kale, grapes and apples—may have a particularly strong anti-inflammatory and anti-allergic effect.**

## Get a Move On

It's a myth that physical activity and asthma can't mix. "Most patients with well-controlled asthma have no problem with regular exercise," says Mitchell Grayson, M.D., chairperson of the Asthma and Allergy Foundation of America's medical scientific council. And it may actually reduce symptoms: a 2020 review of 22 clinical trials found that folks with asthma who regularly did moderate-intensity aerobic exercise, such as swimming, for 20 minutes or more at least twice a week, significantly improved their lung capacity and the openness of their airways. Grayson recommends warming up for at least 10 minutes, avoiding activity in cold air and, of course, taking appropriate asthma medications.

## Just Breathe

As if being stressed isn't bad enough, the tension that comes with it can mimic the breathlessness of asthma symptoms, making it harder to manage. But don't worry: Reining in your anxious mind may help. One small trial published in the journal *Thorax* found that people with asthma who took an eight-week mindfulness-training class (where volunteers received how-to coaching and were asked to practice for 30 minutes most days of the week) felt that their asthma had significantly less impact on their quality of life compared to those who didn't. Mindfulness training (there are free apps for that) can get you more in tune with your emotions, reducing feelings of panic and allowing you to respond more appropriately to your symptoms.

**Learn more about meditation (and how to actually do it) at *eatingwell.com/meditationbenefits***

## Forgo the Fragrance

This makes, um, scents, because the perfumes in products are irritants. "Fragrances are notoriously blamed for being a trigger for asthma," says Grayson. According to survey data reported in *Air Quality, Atmosphere & Health*, more than 64% of people with asthma said perfumes, air fresheners and other scented personal products and cleaning supplies induced symptoms. And close to 30% reported that they triggered full-on asthma attacks. It's impossible to avoid aromas entirely, but Grayson suggests opting for fragrance-free products when you can—and definitely steering clear of heavily perfumed people and places.

CAVAN IMAGES/OFFSET.COM

# Has asthma pushed you into a smaller life?

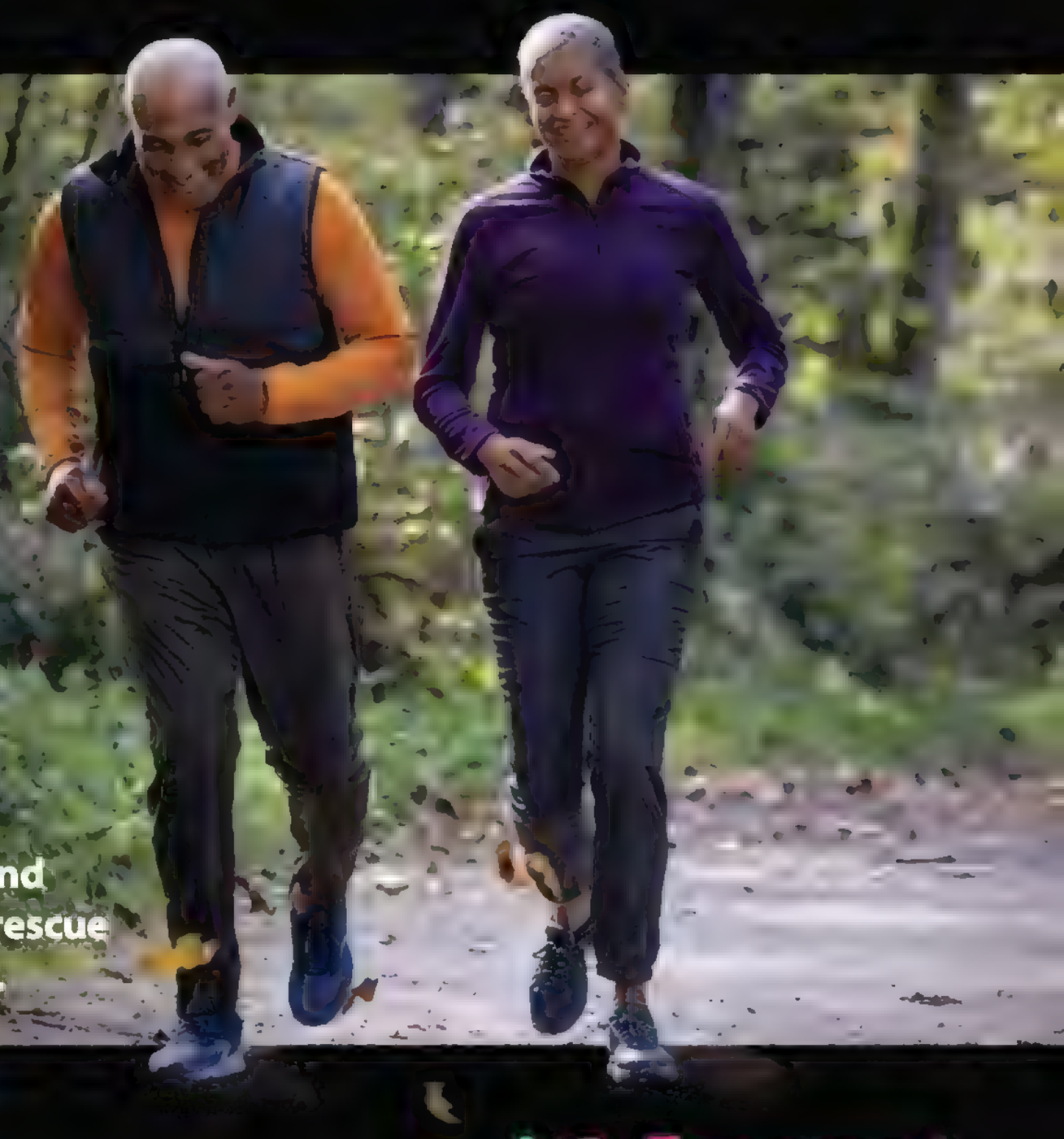
## See what could open up for you with FASENRA.*

Helps prevent asthma attacks, lower daily oral steroid use, and improve breathing.*

**FASENRA is an add-on treatment with only 1 maintenance dose every 8 weeks† and a convenient pen option.**

Learn more at **FASENRAfits.com**.

**FASENRA is an add-on treatment for people 12 and older with severe eosinophilic asthma. It's not a rescue medication or for other eosinophilic conditions.**



***Results may vary.**

**†The first 3 doses are given on day 1, week 4, and week 8.**

Fasenra® (benralizumab) Subcutaneous injection 30 mg

## IMPORTANT SAFETY INFORMATION

**Do not use FASENRA** if you are allergic to benralizumab or any of the ingredients in FASENRA.

Do not use to treat sudden breathing problems.

**FASENRA may cause serious side effects, including:**

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - o swelling of your face, mouth and tongue
  - o breathing problems
  - o fainting, dizziness, feeling lightheaded (low blood pressure)
  - o rash
  - o hives

**Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:**

- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- have a parasitic (helminth) infection.
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - o There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting www.mothertobaby.org/fasenra.
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.
- are taking prescription and over-the-counter medicines, vitamins, or herbal supplements.

**Do not** stop taking your other asthma medicines unless instructed to do so by your healthcare provider.

**The most common side effects of FASENRA include:** headache and sore throat. These are not all the possible side effects of FASENRA.

### APPROVED USE

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

FASENRA is not used to treat other problems caused by eosinophils and is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit **www.FDA.gov/medwatch** or call **1-800-FDA-1088**.

**Please see Brief Summary of full Prescribing Information on following page.**

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# IMPORTANT INFORMATION ABOUT FASENRA

Read this brief summary carefully before using FASENRA for the first time and each time you use a new dose. There may be new information. This summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

**What is FASENRA?**

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. When added to other medicines for asthma, FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

- FASENRA is not used to treat other problems caused by eosinophils.
- FASENRA is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

**Do not use FASENRA** if you are allergic to benralizumab or any of the ingredients in FASENRA.

**Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:**

- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back
- have a parasitic (helminth) infection
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting www.mothertobaby.org/fasenra.
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. You and your healthcare provider should decide if you will use FASENRA and breastfeed. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.

**Tell your healthcare provider about all the medicines you take,** including prescription and over-the-counter medicines, vitamins, and herbal supplements.

**Do not** stop taking your other asthma medicines unless your healthcare provider tells you to.

**How will I use FASENRA?**

- FASENRA is injected under your skin (subcutaneously) one time every 4 weeks for the first 3 doses, and then every 8 weeks.
- FASENRA comes in a single dose prefilled syringe and in a single dose autoinjector.
- A healthcare provider will inject FASENRA using the single-dose prefilled syringe.
- If your healthcare provider decides that you or a caregiver can give the injection of FASENRA, you or your caregiver should receive training on the right way to prepare and give the injection using the FASENRA PEN. **Do not** try to inject FASENRA until you have been shown the right way by your healthcare provider. **See the detailed "Instructions for Use" that comes with FASENRA PEN for information on how to prepare and inject FASENRA.**
- If you miss a dose of FASENRA, call your healthcare provider.

**What are the possible side effects of FASENRA?**

**FASENRA may cause serious side effects, including:**

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - swelling of your face, mouth and tongue
  - breathing problems
  - fainting, dizziness, feeling lightheaded (low blood pressure)
  - rash
  - hives

**The most common side effects of FASENRA include** headache and sore throat.

These are not all the possible side effects of FASENRA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

**How should I store FASENRA?**

- Store FASENRA in the refrigerator between 36°F to 46°F (2°C to 8°C).
- FASENRA may be stored at room temperature between 68°F to 77°F (20°C to 25°C) **for up to 14 days.**
- Once removed from the refrigerator and brought to room temperature FASENRA must be used within 14 days or thrown away.
- Store FASENRA in the original carton until you are ready to use it to protect it from light.
- Do not freeze FASENRA. Do not use FASENRA that has been frozen.
- Do not expose FASENRA to heat.
- Do not use FASENRA past the expiration date.
- **Keep FASENRA and all medicines out of the reach of children.**

**What are the ingredients in FASENRA?**

**Active ingredient:** benralizumab

**Inactive ingredients:** L-histidine, L-histidine hydrochloride monohydrate, polysorbate 20, $\alpha,\alpha$-trehalose dihydrate, and Water for Injection

The information provided here is not comprehensive. Ask your healthcare provider for additional information about FASENRA. You can also contact the company that makes FASENRA (toll-free) at 1-800-236-9933 or at www.fasenra.com.

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For more information, visit **FASENRA.com**
Or call **1-800-236-9933**

Fasenra®
(benralizumab) Subcutaneous Injection 30 mg

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# Walk *This* Way

If hoofing it with poles seems a little weird, get this: Nordic walking gives you cardio plus a full-body strength workout. Talk about effective! **By Karen Asp**

Ever since I started Nordic walking on the paved trails where I live in Indiana, I've drawn a lot of attention to myself. People comment on the poles I use, shouting funny things like "Where's the snow?" or "Are you asphalt skiing?" I honestly don't mind. It's a chance for me to rave about the health benefits of the sport. (And little do they know: I've competed in Nordic walking for almost a decade, snagging six world championships and six world records. Two still stand.)

The quirky-looking activity is common in parts of Europe, where it started off as dry-land training for cross-country skiers and then became a favorite mainstream form of exercise. As with cross-country skiing, you use specially designed poles to propel yourself forward. Nordic walking poles are shorter than ski poles, with secure hand straps and angled rubber feet to help you push against the ground—lengthening your stride so you can go faster and engaging the muscles in your core, chest, shoulders and arms. In fact, this full-body workout burns 20 to 46% more calories than regular walking, says Malin Svensson, author of *Nordic Walking*. And by distributing the workload more evenly throughout your body, you won't feel like you're putting in any more effort—although your heart rate may say otherwise. Even better: A systematic review published in the *American Journal of Preventive Medicine* found that Nordic walking was more effective than brisk walking at lowering resting heart rate and blood pressure, and boosting aerobic capacity. Some studies in the review also found that Nordic walking raised heart rate and oxygen consumption levels as much as jogging did—but in a joint-friendly way. And a study by researchers at Stanford and the University of Florida showed that walking with poles reduced stress at the knee joint by about 30% compared to strolling without them.

Nordic walking has a technique all its own, so there's a small learning curve. You can find great Nordic walking tutorials on YouTube, but you essentially start by strapping on the poles (I recommend Leki's Instructor Lite pair, $150, *leki.mwrc.net*) and dragging them alongside you as you walk normally, while keeping your back straight. Once that feels natural, you can start pushing the poles into the ground and swinging your arms even more, thinking about reaching your arm forward as if you were about to shake somebody's hand, and then allowing your grip to relax as you propel your arm behind your hip.

Take the poles out for a spin once, and who knows? You may follow in my footsteps and fall so hard for this sport that you set a new record, even if it's just in your own neighborhood.

ARNT HAUG/LOOK-FOTO/OFFSET.COM

**90%**

Estimated percentage of muscles you can activate while Nordic walking.

# The Problem with Compostables

Containers and packaging designed to degrade have been touted as a solution to our reliance on single-use-plastics. But are they really? **By Sophia McDonald**

There's no doubt that plastic poses a significant problem for our planet. According to the U.S. Environmental Protection Agency, only 8.5% of plastic gets recycled. The remainder, over half of which is single-use products like packaging and takeout containers, ends up in landfills (or, worse, littering streets, parks and oceans), releasing greenhouse gases and pollutants as it *very* slowly breaks down. This has spurred demand for alternative single-use items made from plant materials, such as corn or sugar cane, that can be composted instead.

### Comparing Carbon Footprints

Composting food scraps and other organic waste returns nutrients to the soil and reduces methane emissions from landfills. But research doesn't paint such a rosy picture for compostable products. A 2020 review published in *Environmental Science & Technology* compared the environmental harm across the entire life cycle of different packaging materials, including compostables. Of the 620 comparisons analyzed, nearly half found that composted items, such as paper, cardboard and compostable bioplastics, had a *higher* environmental impact than noncompostable materials that were landfilled, incinerated or recycled. Another 23% of the comparisons found the difference to be null. "More often than not, the compostable products studied were worse for the environment," says study co-author Peter Canepa, a natural resource specialist at the Oregon Department of Environmental Quality.

How can that be? Canepa explains that one of the main reasons has to do with the way these products are made. Even though conventional plastics are derived from oil, natural gas or coal, compostables' raw materials often have a bigger cumulative environmental footprint, as they're sourced from farms that use significant quantities of pesticides, fertilizers and water, as well as fossil fuels to power farm equipment. He notes too that most compostable packaging materials do not contain "high-value" nutrients like potassium that would lead to a rich compost. For example, corn-based polylactic acid, or PLA, breaks down into water and carbon dioxide. So composting them doesn't yield benefits that offset any harms, while recycling or incinerating other types of packaging for energy can.

### Not Your Backyard Compost

Another blow against these "green" alternatives? Most compostable containers and service ware need the specific environment of an industrial facility to biodegrade, meaning they can't be composted at home. And because there aren't yet enough commercial facilities to handle this new demand, much of that well-intentioned packaging ends up in landfills or in the ocean anyway, where it likely won't degrade, says Jack Hoeck, vice president of environmental services for the commercial composting company Rexius in Eugene, Oregon. Even when compostables do make it to a place that can process them, it's often a costly struggle to sort out the small, virtually indistinguishable contaminants like actual plastic forks and spoons, Hoeck adds. So, many composting facilities simply throw out all the products rather than risk ruining a whole batch—or refuse to accept them completely.

### A Sustainable Solution

For now, regardless of whether those forks, packaging or takeout containers are made of compostable material or plastic, the biggest thing we can do for the environment is to reduce our reliance on single-use items—period. Whenever possible, use reusable service ware and containers. Say no to things like plastic straws and cutlery unless you really need them. There's a reason "reduce" and "reuse" come before "recycle" in the waste hierarchy: they are always the better choice for the planet.

NUNGNING20/GETTY IMAGES

**For our favorite BYO food-storage containers, visit *eatingwell.com/reusablecontainers***

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# Stop Time. *And* Traffic.

No anti-aging product can totally promise a fountain of youth—but these 5 picks can sure help you look great for your years.
**By Christina Vercelletto**

Humans have stopped at pretty much nothing to find the secret to foiling Father Time. Cleopatra famously took donkey-milk baths. The ancient Romans employed crocodile-dung facials. This curated collection of youth-boosters is infinitely more science-based—offering advanced formulations and technologies for results that rival pricy in-office treatments and prescriptions. *So* worth it.

**Olay Regenerist Collagen Peptide 24 Moisturizer**
The extra-small collagen molecules in Olay's newcomer can more easily penetrate the skin to help restore its youthful structure and bounce. It's also fortified with vitamin $B_3$ and hydrating snow mushroom extract, which draws and holds moisture in the skin. And, unlike many anti-aging creams, it's silky and light, not sticky. *($29; target.com)*

**Bliss Bright Idea Vitamin C + Tri-Peptide Collagen Protecting & Brightening Serum**
This spa-grade serum has a high concentration of vitamin C and peptides—amino acids that studies suggest can boost collagen production and fend off wrinkles. It's designed to brighten your complexion, make dark spots less visible and increase skin's elasticity. It's also vegan and cruelty-free. *($25; walmart.com)*

**Botanics Radiant Youth Hydrating Eye Cream**
The ginkgo leaf extract (an antioxidant that has been shown to have potent anti-aging powers) and hyaluronic acid (a molecule that cushions and lubricates tissue) in this weightless cream infuse the delicate eye area with hydration and make fine lines and dark circles much less noticeable. Oh, and don't be put off by the word acid. It's a perfectly gentle ingredient. *($19; botanicsusa.com)*

**Alterna Caviar Anti-Aging Replenishing Moisture Shampoo**
As you age, hair tends to get more fragile, requiring a little extra TLC. Here, extract of caviar from sustainably farmed sturgeon—which is rich in vitamins, minerals and omega-3 fatty acids—amps up the lipid layer in each strand, making hair stronger and more elastic. It's also safe for color-treated hair and the bottle is made from 50% recycled plastics. *($22; walmart.com)*

**PMD Clean Body**
An investment for sure, but this high-tech shower gadget can perform a trifecta of body care, thanks to multiple attachments. It deep cleanses and exfoliates—vibrating at 7,000 times a minute to more effectively slough off the outermost layer of skin than any loofah could. Regular exfoliation may trigger your body to produce collagen, boosting firmness and tone. It also buffs away calluses and massages, too. *($159; pmdbeauty.com)*

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TABLE TALK WITH

# Jesse Tyler Ferguson

The *Modern Family* star and avid home cook chats with *EatingWell* about quarantine cocktails, his favorite childhood food and his new (and first!) cookbook, *Food Between Friends*. **By Lucy M. Clark**

**Finish this sentence: To me, cooking is ...** love. When I put a plate of food in front of someone, I want it to feel like a hug.

**What is always in your fridge?** Sardines and Sriracha sauce—not together!—but I like big, bold flavors that can enhance dishes. Also fish sauce.

**What's a kitchen tool that you can't live without?** I find myself using a citrus zester almost every day. I include a lot of lime and lemon zest in dressings and marinades.

**Beer, wine or cocktail?** I love cocktails! I sort of feel like my time in quarantine could be marked by the cocktails I've been drinking at that point. It started with Cosmopolitans. Then Aperol spritzes. Now I'm in a martinis and Manhattans phase.

**What's your if-I-only-had-one-meal-left meal?** Sushi dinner. And a lot of sake. *A lot* of sake. For dessert: a piece of vanilla confetti cake—that's my favorite kind of cake.

**What health ritual do you never skip, no matter how hectic life gets?** The one thing I always, always, *always* do? Feed my dogs. [Laughs.]

***EatingWell* has promoted sustainability since day one. What environmental issue speaks to you the most?** Global warming. It's something we could be doing so much more to slow down. I'm disappointed that we're living in a country that isn't doing much about it and I'm sad we've politicized it. We should all be caring for this Earth.

**What food says home to you, and why?** I grew up in Albuquerque, New Mexico, so I think of green chile chicken enchiladas. It's one of my favorite dishes my mom would make—and what I would order whenever I went to a restaurant. It's the epitome of childhood to me.

**Tell us about your forthcoming cookbook, *Food Between Friends*, with recipe developer Julie Tanous.** Julie and I have known each other for many years, and she would come to my house to teach me basic cooking techniques: knife skills, how to spatchcock a chicken... Eventually we started developing recipes together and created the blog *Julie & Jesse Cook*. Then [book publisher] Clarkson Potter asked if we wanted to expand on our story of friendship cultivated in the kitchen with a cookbook. It's a really fun hybrid of recipes I grew up eating in New Mexico, and recipes Julie grew up eating in Alabama. I love that mashup of South meets Southwest. It's also inspired by things our husbands love, travels we've taken and our friendship. There's a *lot* of humor in the book too.

**What are some of your favorite recipes from the book?** We have these spicy Albuquerque hush puppies, plus Julie has a spoon bread that I love. And there's a sorghum spatchcocked chicken. Now that I know how to cook with sorghum syrup (it's a super-rich layered molasses), I use it all the time!

**What do the words "eating well" mean to you"?** Sounds like a really good magazine! [Laughs.] But also: I think people's minds go to eating healthy, eating greens. For me, it's eating food that makes you happy, sustains you, promotes a better lifestyle.

**To read more of our interview, hover your phone's camera over this smart code.**

EVA KOLENKO

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# Green Pet Picks

3 ways to lighten your furry friend's environmental pawprint.

**By Rachel Stearns**

With increasingly dire climate warnings coming from all angles, many of us are doing our best to make eco-friendly choices—and that goes for our furry friends, too. "As a consumer, every decision we make has an impact—including the items we purchase for our pets," says Colleen Duncan, D.V.M., Ph.D., an associate professor at Colorado State University who studies sustainability in the animal health industry. Considering that more than 80 million American households have dogs and cats, that's a lot of spending power that can be put toward greener alternatives. Here are some ways you can help make a difference.

### Toys That Last

Balls and squeaky toys add enrichment to our pets' lives—and we certainly buy a lot of them, particularly those made of plastic. In fact, the U.S. pet toy market is a more-than-billion-dollar industry. Once they're toast, though, they're likely to end up where most other unwanted goods go: landfills. In addition to simply buying less and improvising more—cats do love cardboard boxes, after all—choose the most durable, sustainably made toys when you do treat your pet, says Duncan. Honest Pet Products, for example, makes dog and cat toys from natural wool and hemp. ($11 and up; *honestpetproducts.com*)

### Better Than Bags

Though it's not something we particularly enjoy talking about—or picking up, for that matter—we must admit that poop is a problem. If left in yards and parks, it can pollute waterways and contaminate drinking water. And many bags marketed as "eco-friendly" or biodegradable don't live up to their claims. One solution: try a below-ground pet waste digester, like the Doggie Dooley. You add the waste, along with water and enzyme tablets that break down the poop over time and then send it (safely) back into the soil. ($90 and up; *doggiedooley.com*)

### Cozy Up Sustainably

Many pet beds are made and filled with petroleum-based polyester that sheds tiny plastic fibers in the wash that end up in our water supply. And once the beds lose their fluff, they join the staggering amount of fabric goods sent to landfills each year (more than 11 million tons in 2018, according to the U.S. Environmental Protection Agency). So the next time Fido needs a new place to curl up, opt for a durable duvet-style bed, like the ones by Molly Mutt, that can be filled with old clothes, towels or blankets. Their covers are made from a washable, built-to-last woven cotton and come in a range of sizes. ($19 and up; *mollymutt.com*)

LARS CHRISTENSEN/GETTY IMAGES

# Our Promise to Blue Is Our Promise to You

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**What started as a simple promise to feed an Airedale named Blue** like one of the family has turned into the #1 natural pet food company. And while a lot has changed, one thing has always remained the same at Blue Buffalo – a commitment to making the best pet food possible with ingredients you'll feel good about feeding.

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# Sprouting Young Minds

Through his program Green Bronx Machine, teacher Stephen Ritz uses gardening to show students the beauty (and fun!) of science. **By Julie Kendrick**

In 2005, longtime educator Stephen Ritz was assigned to a sparsely equipped high school science classroom in the Bronx. After an online plea for supplies, he received what he thought was "a bunch of onions." Ritz stuck them in a box near the radiator and forgot all about them. Months later, as he was trying to stop a student fight, the box fell over, and out came a bouquet of blooming daffodils. "Everyone laughed," Ritz recalls. The beauty of the plants defused a tense situation. "I decided it was a teachable moment," he says. Was it ever.

The Miracle of the Daffodils spurred Ritz and his students to think more deeply about how things grow—but rather than blooms, his mind went to fruits and vegetables. In 2007, Ritz started an after-school program called the Green Bronx Machine. Since then, GBM has evolved into a K-12 educational model that's being used in 500 schools across 20 states and five nations. "The curriculum wraps the entire school around the garden," Ritz says. Schools can implement the program throughout the day, in specific classes or after school. While learning about food production and health, students explore subjects like science, math, language arts and history. Each day, they might conduct experiments on how light and soil quality affect their plants, work together on group projects to plan springtime plots, or prepare meals with visiting chefs.

In the South Bronx, Ritz's students also grow more than 5,000 pounds of produce each year at their own community garden. Aptly named the Food For Others Farm, the project donates some of its harvest to local soup kitchens and food-insecure senior citizens.

Corey Gamble, 32, was part of the program in his youth. Now, as the first high school and college graduate in his family, he works full-time for Brooklyn-based urban farm Gotham Greens and still volunteers with GBM. "Mr. Ritz is the original sustainable gangster," Gamble says. "He's a father to many and a hero to all, and he's changed my life and the lives of so many here in the Bronx."

Ritz's own larger-than-life personality and enthusiasm have seemed to grow, too, even as his size has diminished. "I used to weigh more than 300 pounds, but I realized on one of our (three!) trips to the White House to hear Michelle Obama talk about food and health, that I needed to 'walk the walk.' I gave up my gallon-a-day soda habit and started eating more of the vegetables we were growing," he says. "I lost 100 pounds."

Ritz hopes he's helping in the creation of a healthier, more equitable and resilient community here in one of the poorest Congressional districts in the United States. "We grow vegetables," he says. "Our vegetables grow students, schools, communities and opportunities."

Stephen Ritz (known by his students as "the big cheese," hence the hat) is changing students' lives in the Bronx—and around the world—through gardening.

SARA HAILE

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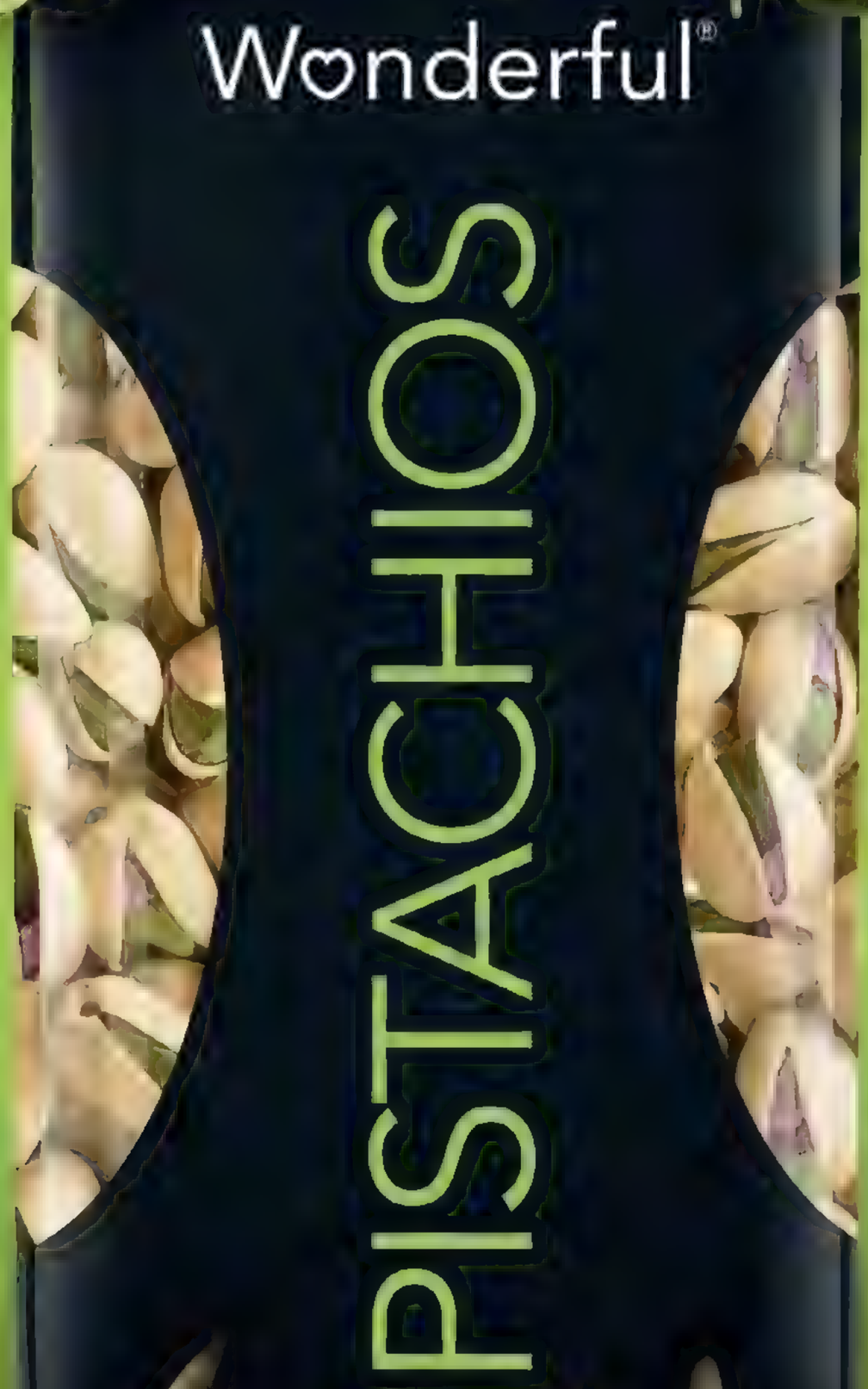


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# Green Up Your Cleanup

*Celebrate Earth Day every day with eco-friendly methods to keep your kitchen spick-and-span.* EatingWell *consulted Pamela R. Turner, Ph.D., an indoor environment specialist at the University of Georgia Extension, and the Environmental Working Group (EWG) to compile these tips.* ***By Lucy M. Clark***

**Go for good old soap and water.** Our experts say this classic duo will work just fine for most jobs. And it's preferable over cleaners labeled "antibacterial" whose active ingredients haven't been proven safe for daily or long-term use. Plus, "Studies have *not* shown that antibacterial soaps are any better at preventing illness than plain soap and water," says Turner.

**Look for a disinfectant with thymol.** For those times when you really *do* need to kill germs (oh hey, raw chicken, how did you get on the counter?), Turner recommends a product that contains this ingredient. Thymol is effective and safe—it's often extracted from the garden herb thyme.

**Bet on baking soda.** It's a natural alternative to caustic oven cleaners. Sprinkle baking soda over any baked-on crud, moisten with water and let the mixture stand overnight. The next day, scrub it off and wipe the surface clean.

**Clean drains naturally.** Rather than turning to a chemical—which can have a negative environmental impact—the EWG recommends simply using a drain snake to get rid of clogs. For regular maintenance, try mixing ½ cup vinegar with ½ cup baking soda and washing the fizzy mixture down with water.

**Do your research.** To see how your kitchen cleaners stack up, go to *ewg.org/cleaners* where you can search the EWG's database of more than 2,500 products. (To ensure the cleaner is effective against the coronavirus, make sure it's listed on the EPA's List N.)

## 5 Products To Try *Our Test Kitchen staff—and the EWG—give a thumbs-up to the following:*

**Aunt Fannie's Vinegar Floor Cleaner, Eucalyptus**
This mix of distilled white vinegar and plant-based ingredients is pet- and crawling-kiddo-friendly. It's safe for tile, linoleum, sealed wood and stone floors. *($9; auntfannies.com)*

**AspenClean Kitchen Cleaner, Bergamot & Grapefruit**
Infused with essential oils, this all-purpose spray works wonders on counters, stovetops and appliances. It can even be used to degrease your oven and grill. *($9; aspenclean.com)*

**Blueland Dishwasher Starter Set**
The average home goes through five plastic containers holding a total of 300 plastic-wrapped dishwasher tablets annually. Blueland's wrap-free tablets and reusable steel tin eliminate that waste. *($18; blueland.com)*

**Seventh Generation Zero Plastic Kitchen Powder Cleaner**
Part of Seventh Generation's new line with plastic-free packaging, this powder is ideal for sinks—it made ours sparkle! Shake onto a wet cloth to scour any surface. *($11; grove.com)*

**Branch Basics Oxygen Boost**
Just two ingredients remove stains and odors from a number of kitchen zones. Use it to clean grout, get rid of stains in cooking pans or to freshen up any moldy or mildewy areas. *($10, branchbasics.com)*

JACOB FOX; STYLING: SUE MITCHELL

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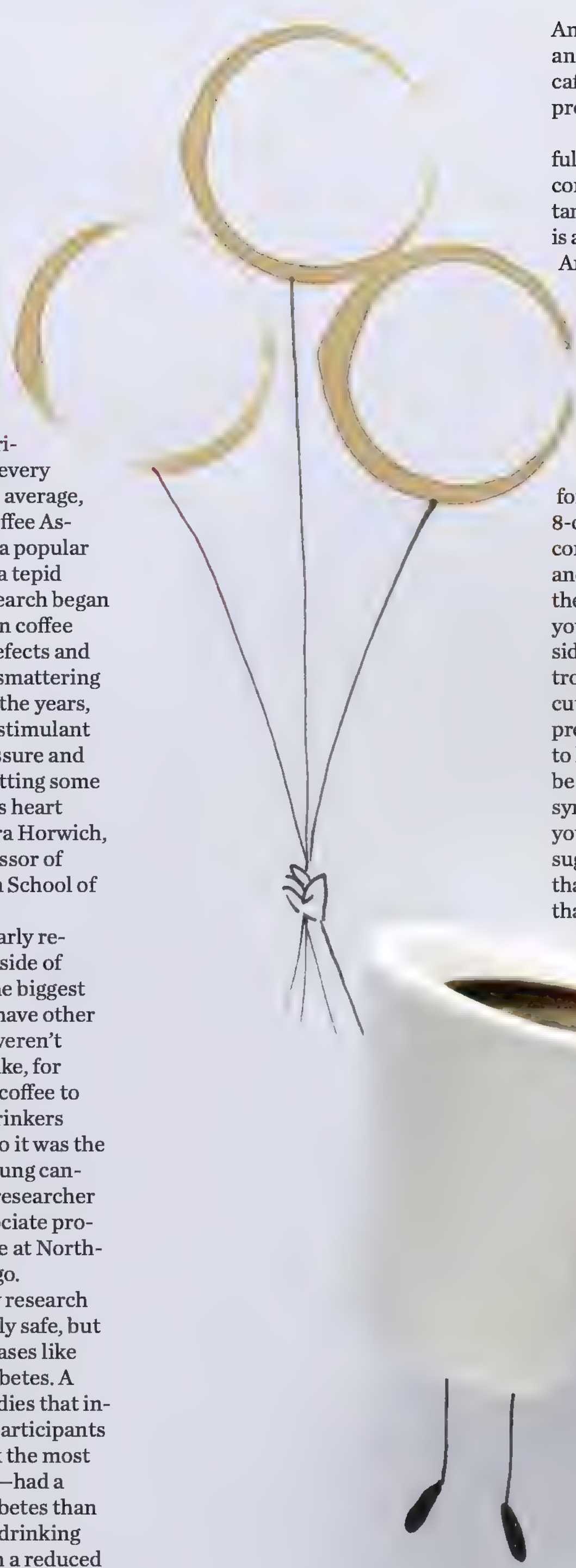
# Raise Your Mugs!

Confused about whether coffee is good or bad for you? The latest research suggests it can have real perks. **By Jessica Migala**



More than 60% of Americans get their java fix every day, sipping 3 cups on average, according to the National Coffee Association. Yet for being such a popular hot beverage, coffee has had a tepid reputation. In the 1970s, research began suggesting that the caffeine in coffee was linked to cancer, birth defects and heart disease. And despite a smattering of positive news throughout the years, doctors still worried that its stimulant effects could raise blood pressure and cause heart palpitations—putting some patients at risk for dangerous heart arrhythmias, explains Tamara Horwich, M.D., associate clinical professor of medicine at the David Geffen School of Medicine at UCLA.

But it turns out that the early research highlighting the dark side of coffee had a common flaw: the biggest java drinkers also tended to have other risk factors for disease that weren't adequately accounted for. Take, for example, the studies linking coffee to lung cancer. "Heavy coffee drinkers were more likely to smoke. So it was the tobacco that contributed to lung cancer—not coffee," says coffee researcher Marilyn Cornelis, Ph.D., associate professor of preventive medicine at Northwestern University in Chicago.

More recent, high-quality research suggests that coffee is not only safe, but that it may even *prevent* diseases like cancer, heart disease and diabetes. A 2018 meta-analysis of 30 studies that included more than a million participants found that people who drank the most coffee—about 5 cups per day—had a 29% lower risk for type 2 diabetes than those who abstained. Coffee drinking has also been associated with a reduced risk of depression as well as Alzheimer's disease and other cognitive disorders.

And as for those risks of blood pressure and palpitations? "We now know that caffeine's effects do not cause heart problems," says Horwich.

Coffee beans are packed with powerful antioxidant and anti-inflammatory compounds, such as chlorogenic acid and tannins, explains Cornelis. (In fact, coffee is a major source of antioxidants in the American diet.) And each of these compounds can act uniquely on the body to protect you from a wide range of health problems. Chlorogenic acid, for one, is thought to regulate insulin and reduce body fat, two factors that may bolster metabolic function.

Current guidelines suggest that up to 400 mg of caffeine a day is safe for healthy adults. (That's about five 8-ounce cups of coffee, although caffeine content varies widely depending on roast and brewing method.) People do differ in their ability to metabolize caffeine, so if you suspect that it's causing unpleasant side effects—anxiety, tremors, heartburn, trouble sleeping—Horwich recommends cutting back slowly. Women who are pregnant and breastfeeding are advised to limit caffeine to 200 mg per day. And be mindful of what you stir in. Flavored syrups, cream and drizzles can drown your healthy brew in saturated fat and sugar. Otherwise, go ahead and enjoy that a.m.—and 2 p.m.—cup! And know that it loves you right back.

**How many milligrams are you getting daily? Hover your phone's camera over this code to get a handy caffeine calculator.**

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REXULTI is a prescription medicine used to treat major depressive disorder (MDD). REXULTI is used with antidepressant medicines, when your healthcare provider determines that an antidepressant alone is not enough to treat your depression. It is not known if REXULTI is safe and effective in people under 18 years of age.

## IMPORTANT SAFETY INFORMATION:

**Medicines like REXULTI can raise the risk of death in elderly people who have lost touch with reality (psychosis) due to confusion and memory loss (dementia). REXULTI is not approved for treating patients with dementia-related psychosis.**

**Antidepressants may increase suicidal thoughts or actions in some children, teenagers, or young adults within the first few months of treatment. Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings and report such changes to the healthcare provider. This is very important when antidepressant medicine is started or when the dose is changed. REXULTI is approved only for adults 18 and over with depression.**

**Tell your healthcare provider right away if you have some or all of the following serious side effects:**

- **Stroke in elderly people (cerebrovascular problems) that can lead to death.**
- **Neuroleptic Malignant Syndrome (NMS):** high fever, stiff muscles, confusion, sweating, changes in pulse, heart rate, and blood pressure as these may be symptoms of a rare but potentially fatal condition.
- **Uncontrolled body movements** in your face, tongue or other body parts **(tardive dyskinesia, TD)**. TD may become permanent, and may start after you stop taking REXULTI.
- **Problems with your metabolism: High blood sugar (hyperglycemia)**. If you have diabetes or risk factors for it, your healthcare provider should monitor your blood sugar. **Increased fat levels (cholesterol and triglycerides) in your blood or weight gain.**
- **Unusual urges.** Some people taking REXULTI have had unusual urges, such as gambling, binge eating or eating that you cannot control (compulsive), compulsive shopping and sexual urges.
- **Low white blood cell count.**
- **Decreased blood pressure (orthostatic hypotension).**
- **Seizures** (convulsions)
- **Problems controlling your body temperature so that you feel too warm.** Avoid getting over-heated or dehydrated while taking REXULTI.
- **Difficulty swallowing that can cause food or liquid to get into your lungs.**

The **most common side effects** of REXULTI include weight gain and an inner sense of restlessness such as feeling like you need to move. These are not all the possible side effects of REXULTI. Tell your doctor about all the medicines you're taking, since there are some risks for drug interaction. Until you know how REXULTI affects you, do not drive, operate machinery or do dangerous activities. REXULTI may make you feel drowsy.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.**

**Please read the IMPORTANT FACTS about REXULTI on the following page.**

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# IMPORTANT FACTS ABOUT REXULTI® (brexpiprazole)

**REXULTI (REX-ul-TE)**
**(brexpiprazole) Tablets** ℞ ONLY

Read the Patient Information that comes with REXULTI before you start taking it and each time you get a refill. There may be new information. This summary does not take the place of talking to your healthcare provider about your medical condition or your treatment.

**What is the most important information I should know about REXULTI?**
**REXULTI may cause serious side effects, including:**

- **Increased risk of death in elderly people with dementia-related psychosis.** Medicines like REXULTI can raise the risk of death in elderly who have lost touch with reality (psychosis) due to confusion and memory loss (dementia). REXULTI is not approved for the treatment of patients with dementia-related psychosis.
- **Risk of suicidal thoughts or actions.** Antidepressant medicines, depression and other serious mental illnesses, may cause suicidal thoughts or actions. REXULTI is not approved for the treatment of people younger than 18 years of age.
  - **Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, or young adults within the first few months of treatment.**
  - **Depression and other serious mental illnesses are the most important causes of suicidal thoughts or actions. Some people may have a particularly high risk of having suicidal thoughts or actions.** These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.
  - **How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?**
    - Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
    - Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
    - Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

**Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:**

- thoughts about suicide or dying; new or worsening depression; feeling very agitated or restless; panic attacks; new or worsening irritability; an extreme increase in activity or talking (mania); attempts to commit suicide; new or worsening anxiety; acting on dangerous impulses; trouble sleeping (insomnia); acting aggressive, being angry, or violent; other unusual changes in behavior or mood

**What else do I need to know about antidepressant medicines?**

- **Never stop an antidepressant medicine without first talking to your healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the possible side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines (including prescription medicines, non-prescription medicines, vitamins and herbal supplements) to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.

**What is REXULTI?**
REXULTI is a prescription medicine used to treat major depressive disorder (MDD). REXULTI is used with antidepressant medicines, when your healthcare provider determines that an antidepressant alone is not enough to treat your depression. It is not known if REXULTI is safe and effective in people under 18 years of age.

**Who should not take REXULTI?**
**Do not take REXULTI if you** are allergic to brexpiprazole or any of the ingredients in REXULTI. See the end of this fact sheet for a complete list of ingredients in REXULTI.

**What should I tell my healthcare provider before taking REXULTI?**
Before taking REXULTI, tell your healthcare provider if you:

- have diabetes or high blood sugar or a family history of diabetes or high blood sugar. Your healthcare provider should check your blood sugar before you start REXULTI and during your treatment.
- have high levels of cholesterol, triglycerides, LDL cholesterol, or low levels of HDL cholesterol
- have or had seizures (convulsions)
- have or had low or high blood pressure
- have or had heart problems or a stroke
- have or had a low white blood cell count
- are pregnant or plan to become pregnant. It is not known if REXULTI may harm your unborn baby. Using REXULTI in the last trimester of pregnancy may cause muscle movement problems, medicine withdrawal symptoms, or both of these in your newborn.
  - If you become pregnant while taking REXULTI, talk to your healthcare provider about registering with the National Pregnancy Registry for Atypical Antipsychotics. You can register by calling 1-866-961-2388 or visit http://womensmentalhealth.org/clinical-and-research-programs/pregnancyregistry/
- are breastfeeding or plan to breastfeed. It is not known if REXULTI passes into your breast milk. You and your healthcare provider should decide if you will take REXULTI or breastfeed.

**Tell your healthcare provider about all the medicines you take or recently have taken,** including prescription medicines, over-the-counter medicines, vitamins and herbal supplements.
REXULTI and other medicines may affect each other causing possible serious side effects. REXULTI may affect the way other medicines work, and other medicines may affect how REXULTI works.
Your healthcare provider can tell you if it is safe to take REXULTI with your other medicines. **Do not** start or stop any medicines while taking REXULTI without talking to your healthcare provider first.
Know the medicines you take. Keep a list of your medicines to show your healthcare provider and pharmacist when you get a new medicine.

**What should I avoid while taking REXULTI?**

- **Do not** drive a car, operate machinery, or do other dangerous activities until you know how REXULTI affects you. REXULTI may make you feel drowsy.
- Avoid getting over-heated or dehydrated while taking REXULTI.
  - **Do not** over-exercise.
  - Stay out of the sun. **Do not** wear too much or heavy clothing.
  - In hot weather, stay inside in a cool place if possible.
  - Drink plenty of water.

**What are the possible side effects of REXULTI?**
**See "What is the most important information I should know about REXULTI?"**
**REXULTI may cause serious side effects, including:**

- **Stroke in elderly people (cerebrovascular problems) that can lead to death.**
- **Neuroleptic Malignant Syndrome (NMS):** Tell your healthcare provider right away if you have **some or all** of the following symptoms: high fever, stiff muscles, confusion, sweating, changes in pulse, heart rate, and blood pressure. These may be symptoms of a rare and serious condition that can lead to death. Call your healthcare provider right away if you have any of these symptoms.
- **Uncontrolled body movements (tardive dyskinesia):** REXULTI may cause movements that you cannot control in your face, tongue or other body parts. Tardive dyskinesia may not go away, even if you stop taking REXULTI. Tardive dyskinesia may also start after you stop taking REXULTI.
- **Problems with your metabolism such as:**
  - **high blood sugar (hyperglycemia):** Increases in blood sugar can happen in some people who take REXULTI. Extremely high blood sugar can lead to coma or death. If you have diabetes or risk factors for diabetes (such as being overweight or having a family history of diabetes), your healthcare provider should check your blood sugar before you start taking REXULTI and during your treatment.

**Call your healthcare provider if you have any of these symptoms of high blood sugar while taking REXULTI:**

- feel very thirsty
- feel very hungry
- feel sick to your stomach
- feel weak or tired
- need to urinate more than usual
- feel confused, or your breath smells fruity

  - **increased fat levels (cholesterol and triglycerides) in your blood.**
  - **weight gain:** You and your healthcare provider should check your weight regularly.
- **Unusual urges.** Some people taking REXULTI have had unusual urges, such as gambling, binge eating or eating that you cannot control (compulsive), compulsive shopping and sexual urges. If you or your family members notice that you are having unusual urges or behaviors, talk to your healthcare provider.
- **Low white blood cell count**
- **Decreased blood pressure (orthostatic hypotension).** You may feel lightheaded or faint when you rise too quickly from a sitting or lying position.
- **Seizures** (convulsions)
- **Problems controlling your body temperature so that you feel too warm.**
  See **"What should I avoid while taking REXULTI?"**
- **Difficulty swallowing that can cause food or liquid to get into your lungs.**

The **most common side effects** of REXULTI include weight gain and an inner sense of restlessness such as feeling like you need to move.
These are not all the possible side effects of REXULTI. For more information, ask your healthcare provider or pharmacist.
Call your doctor for medical advice about side effects. **You may report side effects to FDA at 1-800-FDA-1088.**

**General information about the safe and effective use of REXULTI.**
Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use REXULTI for a condition for which it was not prescribed. Do not give REXULTI to other people, even if they have the same symptoms you have. It may harm them.
This fact sheet provides the most important information about REXULTI, however, this information is not comprehensive. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for information about REXULTI that is written for healthcare professionals.
**For more information about REXULTI, go to REXULTI.com or call 1-800-441-6763.**

**What are the ingredients in REXULTI?**
**Active ingredient:** brexpiprazole
**Inactive ingredients:** lactose monohydrate, corn starch, microcrystalline cellulose, hydroxypropyl cellulose, low-substituted hydroxypropyl cellulose, magnesium stearate, hypromellose, and talc.
Manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan
Distributed and Marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA
Marketed by Lundbeck, Deerfield, IL 60015 USA

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February 2018 11US18IBR0004

# DINNER TONIGHT

17 EASY HEALTHY RECIPES

## SPRING FEVER

Let fresh produce shine by pairing it with this delicious dip, next page.

Photography by Jason Donnelly

Styling by Lauren McAnelly & Sue Mitchell

For more asparagus sides for spring, hover your phone's camera over this smart code.

## Radishes with Green Goddess Dressing

**ACTIVE:** 10 min **TOTAL:** 10 min

**TO MAKE AHEAD:** Refrigerate dressing for up to 1 day.

*Traditional green goddess is made with mayo and sour cream but here we use avocado, buttermilk and yogurt to achieve a lightened-up, creamy dressing.* (Photo: page 31.)

- ½ ripe avocado
- ½ cup buttermilk
- ¼ cup nonfat plain yogurt
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh tarragon
- 1 small clove garlic, grated
- 2 teaspoons lemon juice
- 1 teaspoon anchovy paste
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2 bunches radishes (about 1 pound)

Combine avocado, buttermilk, yogurt, chives, tarragon, garlic, lemon juice, anchovy paste, salt and pepper in a blender. Puree until smooth. Serve with radishes.

**SERVES 6:** about 6 radishes & ¼ cup dressing each

**Cal** 56 **Fat** 3g (sat 0g) **Chol** 1mg **Carbs** 6g **Total sugars** 3g (added 0g) **Protein** 2g **Fiber** 2g **Sodium** 219mg **Potassium** 300mg.

## Asparagus Casserole

**ACTIVE:** 30 min **TOTAL:** 45 min

*Blanching the asparagus before assembling this casserole helps to maintain its vibrant green color. Feel free to skip that step if you're crunched for time, but the vegetables will be more army green.*

- 3 tablespoons unsalted butter, divided
- ½ cup panko breadcrumbs, preferably whole-wheat
- 3 pounds asparagus, trimmed and cut into 2-inch pieces
- 1 tablespoon finely chopped garlic
- 2 tablespoons all-purpose flour
- 2 cups whole milk
- 5 ounces cream cheese
- ½ cup shredded part-skim mozzarella cheese
- 1 teaspoon salt

**1.** Preheat oven to 450°F. Put a large pot of water on to boil. Set a large bowl of ice water near the stove.

**2.** Melt 1 tablespoon butter in a small bowl in the microwave, about 30 seconds. Stir in panko; set aside.

**3.** Cook asparagus in the boiling water until bright green, about 1 minute. Drain and transfer to the ice bath. Let cool for 5 minutes, then drain and pat dry. Arrange the asparagus in a 9-by-13-inch baking dish.

**4.** Heat the pot over medium-high heat. Add the remaining 2 tablespoons butter and stir until melted. Add garlic and cook, stirring, until fragrant, about 1 minute. Add flour and cook, stirring, for 30 seconds. Gradually whisk in milk. Bring to a boil, whisking constantly. Continue cooking and whisking until the mixture thickens, about 5 minutes. Remove from heat. Stir in cream cheese, mozzarella and salt.

**5.** Pour the cheese sauce over the asparagus and stir to coat. Sprinkle the reserved panko mixture on top. Bake until the asparagus is tender, 12 to 15 minutes.

**SERVES 10:** about 1 cup each

**Cal** 179 **Fat** 11g (sat 7g) **Chol** 32mg **Carbs** 13g **Total sugars** 5g (added 0g) **Protein** 7g **Fiber** 3g **Sodium** 360mg **Potassium** 380mg.

RECIPES BY BREANA KILLEEN, ADAM HICKMAN

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# Plantain-Crusted Chicken Tenders with Mango Dipping Sauce

**ACTIVE:** 20 min **TOTAL:** 35 min

*Baking chicken tenders on a rack ensures they get crispy on all sides without a soggy bit in sight!*

- **Canola oil cooking spray**
- **2 large eggs**
- **2 cups crushed plantain chips (about 6 ounces)**
- **⅓ cup cornstarch**
- **1 pound chicken tenders**
- **¼ teaspoon salt**
- **5 tablespoons mayonnaise**
- **3 tablespoons mango chutney**
- **1-2 teaspoons Sriracha**

**1.** Preheat oven to 425°F. Place a wire rack on a rimmed baking sheet and coat with cooking spray.

**2.** Whisk eggs in a shallow dish. Place plantain chips and cornstarch in separate shallow dishes. Coat chicken tenders in the cornstarch, shaking off the excess, then dip in the egg, letting the excess drip off. Coat with the plantain chips. Place on the prepared rack. Coat the chicken with cooking spray and sprinkle with salt.

**3.** Bake the chicken until browned and an instant-read thermometer inserted in the thickest part registers 165°F, 15 to 20 minutes.

**4.** Meanwhile, mix mayonnaise, chutney and Sriracha to taste in a small bowl.

**5.** Serve the chicken with the sauce.

**SERVES 4:** 5 oz. chicken tenders & 2 Tbsp. sauce each

**Cal** 435 **Fat** 25g (sat 4g) **Chol** 133mg **Carbs** 23g **Total sugars** 2g (added 1g) **Protein** 31g **Fiber** 2g **Sodium** 450mg **Potassium** 29mg.

**PLANTAIN GAME**

Chips made from this firm, starchy fruit give these baked chicken tenders incredible crunch and sweet-and-salty flavor.

JACOB FOX, ILLUSTRATION BY EMMA DIBBEN; RECIPE BY CAROLYN MALCOUN

**Tropical Fizz**

Add 2 Tbsp. Torani Sugar Free Coconut Syrup into 1 can of passion fruit flavored sparkling water.

**Coconut Keto Cocktail**

Shake 2 Tbsp. Torani Sugar Free Coconut Syrup, 2 Tbsp. lime juice, 2 Tbsp. rum, and 3 sprigs of muddled mint leaves in a shaker filled with ice. Strain into a chilled glass and add ¼ cup sparkling water.

**Bullet Keto Coconut Coffee**

Blend 2 Tbsp. Torani Sugar Free Coconut Syrup, 1 Tbsp. grass-fed butter, 1 Tbsp. MCT oil, and 1 cup coffee on high for 20 seconds or until frothy.

**Coconut Cold Brew**

Combine 2 Tbsp. Torani Sugar Free Coconut Syrup, 1 cup cold brew coffee, and creamer to taste.

**Coconut Acai Smoothie**

Blend 2 Tbsp. Torani Sugar Free Coconut Syrup, ½ cup or 2 packets of frozen acai puree, 1 cup strawberries, ½ cup blueberries, and 1 cup water until smooth.

**Spring in Tahiti Lemonade**

Mix 2 Tbsp. Torani Sugar Free Coconut Syrup, 1 cup pink lemonade, and ½ cup coconut water in a glass filled with ice.

# *Mixes Well*

Torani flavors are crafted to bring out the best in your drink so you can make something deliciously original without all the calories.

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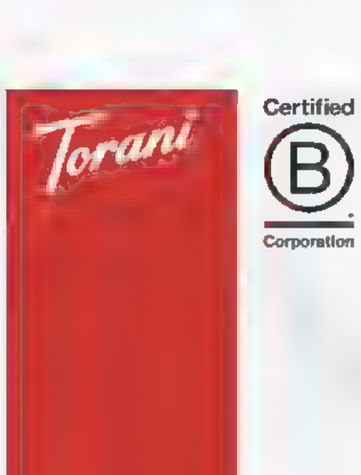


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## Crispy Pea Fritter Salad

**ACTIVE:** 35 min **TOTAL:** 35 min

*We mashed together peas, fresh mint and lemon zest with breadcrumbs to make small pan-fried cakes perfect for topping a salad.*

- **1 cup sugar snap peas, trimmed and thinly sliced**
- **¾ cup low-fat plain Greek yogurt**
- **2 tablespoons crumbled feta cheese plus ¼ cup, divided**
- **2 tablespoons chopped fresh dill**
- **Zest and juice of 1 lemon, divided, plus more zest for garnish**
- **¾ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **1 10-ounce package frozen peas, thawed**
- **2 large eggs, lightly beaten**
- **¾ cup panko breadcrumbs**
- **3 tablespoons all-purpose flour**
- **2 tablespoons chopped fresh mint, plus ¼ cup leaves**
- **1 clove garlic, grated**
- **¼ cup extra-virgin olive oil**
- **8 cups mixed greens *and/or* pea shoots**
- **1 cup thinly sliced cucumber**
- **1 cup thinly sliced radishes**

**1.** Mix snap peas, yogurt, 2 tablespoons feta, dill, lemon juice and ¼ teaspoon each salt and pepper in a medium bowl. Set aside.

**2.** Coarsely mash thawed peas in a medium bowl. Mash and stir in eggs, breadcrumbs, flour, chopped mint, garlic, lemon zest and ¼ teaspoon each salt and pepper.

**3.** Heat oil in a large nonstick skillet over medium-high heat. Using ¼ cup of the pea mixture for each, shape four 3-inch-wide fritters and transfer to the pan. Cook until crispy, adjusting heat if necessary to prevent burning, about 3 minutes per side. Transfer the fritters to a paper-towel-lined plate and sprinkle with ⅛ teaspoon salt. Repeat with the remaining pea mixture and ⅛ teaspoon salt.

**4.** Combine greens (and/or pea shoots), cucumber, radishes and mint leaves in a large bowl. Add ½ cup of the reserved sauce and toss to coat. Top the salad with the remaining ¼ cup feta and the fritters. Serve with the remaining sauce and garnish with lemon zest, if desired.

**SERVES 4:** 2 cups salad, 2 fritters & 2 Tbsp. sauce each

**Cal** 413 **Fat** 22g (sat 6g) **Chol** 112mg **Carbs** 37g **Total sugars** 8g (added 0g) **Protein** 18g **Fiber** 7g **Sodium** 739mg **Potassium** 754mg.

RECIPE BY ADAM DOLGE

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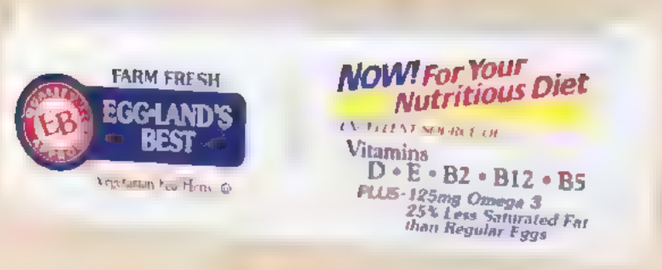


*Compared to ordinary eggs

# Tarragon Chicken Drumsticks with Roasted Cauliflower & Potato Salad

**ACTIVE:** 20 min **TOTAL:** 40 min

*Tossing the roasted cauliflower and potatoes with the dressing while they're hot infuses them with flavor. The cornichons are an unexpected, delicious addition to this potato salad dressing. If you don't have any on hand, pickles or even relish would be good too.*

- **1 medium russet potato, scrubbed and cut into 1-inch pieces**
- **2 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **2 pounds chicken drumsticks**
- **3 teaspoons dried tarragon, divided**
- **4 cups cauliflower florets**
- **2 tablespoons mayonnaise**
- **2 tablespoons chopped cornichons**
- **1 tablespoon minced shallot**
- **2 teaspoons whole-grain mustard**

**1.** Position racks in upper and lower thirds of oven; preheat to 450°F. Coat a rimmed baking sheet with cooking spray.

**2.** Toss potato, 1 tablespoon oil and ¼ teaspoon each salt and pepper in a large bowl. Spread evenly on the prepared pan. Add chicken to the pan and sprinkle with 2 teaspoons tarragon and the remaining ¼ teaspoon each salt and pepper.

**3.** Roast the chicken and potatoes on the bottom rack for 15 minutes. Stir cauliflower into the potatoes. Continue roasting until an instant-read thermometer inserted in the thickest part of a drumstick without touching bone registers 165°F and the vegetables are tender, about 15 minutes more. Move the pan to the upper rack and turn the broiler to high. Broil until the chicken starts to brown, about 3 minutes.

**4.** Meanwhile, whisk mayonnaise, cornichons, shallot and mustard with the remaining 1 tablespoon oil and 1 teaspoon tarragon in the bowl.

**5.** Transfer the chicken to a serving platter. Add the vegetables and any pan drippings to the dressing and toss to coat. Serve the chicken with the salad.

**SERVES 4:** 3 oz. chicken & 1 cup salad each
**Cal** 353 **Fat** 19g (sat 3g) **Chol** 139mg **Carbs** 16g **Total sugars** 2g (added 0g) **Protein** 29g **Fiber** 3g **Sodium** 586mg **Potassium** 858mg.

**Looking for more ways to cook chicken drumsticks? Hover your phone's camera over this smart code.**

RECIPE BY BREANA KILLEEN

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1 cup of vegetables in every meal

## Steak & Asparagus Stir-Fry with Black Bean-Garlic Sauce

**ACTIVE:** 25 min **TOTAL:** 25 min

*Quick-cooking and full-flavored skirt steak is perfect for stir-fries. Just be sure to slice it across the grain so the steak stays tender as it cooks.*

- **½ cup low-sodium beef broth**
- **2 tablespoons black bean-garlic sauce *or* oyster sauce**
- **2 tablespoons Shaoxing rice wine *or* dry sherry**
- **4 teaspoons cornstarch, divided**
- **1 pound skirt *or* flank steak, trimmed and thinly sliced across the grain**
- **3 tablespoons peanut *or* canola oil, divided**
- **1 pound asparagus, trimmed and cut into 2-inch pieces**
- **1 large red bell pepper, thinly sliced**
- **2 scallions, thinly sliced, whites and greens separated**
- **2 cloves garlic, minced**

**1.** Whisk broth, black bean (or oyster) sauce, Shaoxing (or sherry) and 2 teaspoons cornstarch in a small bowl. Toss steak with the remaining 2 teaspoons cornstarch in a medium bowl.

**2.** Heat 2 tablespoons oil in a large flat-bottom wok or cast-iron skillet over medium-high heat. Add the steak and cook, stirring once, until browned, 4 to 5 minutes. Transfer to a clean plate.

**3.** Add the remaining 1 tablespoon oil, asparagus and bell pepper to the pan; cook, stirring occasionally, until almost tender, about 4 minutes. Stir in scallion whites and garlic; cook, stirring, until fragrant, about 30 seconds. Whisk the sauce and add it to the pan along with the steak. Cook, stirring occasionally, until the sauce thickens, about 1 minute. Garnish with scallion greens.

**SERVES 4:** 1¼ cups each

**Cal** 350 **Fat** 22g (sat 5g) **Chol** 78mg **Carbs** 12g **Total sugars** 4g (added 1g) **Protein** 26g **Fiber** 3g **Sodium** 769mg **Potassium** 745mg.

**BLACK BEAN-GARLIC SAUCE**

Umami, salty, earthy—this thick condiment is made with garlic and fermented black beans. Find it in most well-stocked grocery stores and Asian markets.

ILLUSTRATION BY EMMA DIBBEN; RECIPE BY HILARY MEYER

**GO FOR CORN**

Corn tortillas' toasty flavor and hearty texture stand up perfectly to the grill. Plus, they generally have negligible amounts of sodium.

## Grilled Pork & Pepper Tacos with Jalapeño-Lime Dressing

**ACTIVE:** 35 min **TOTAL:** 35 min

*Maximum flavor in each bite of these colorful tacos comes from tossing the pork and peppers in the dressing rather than just drizzling it on top.*

- **2 medium yellow bell peppers, halved and seeded**
- **1 medium white onion, cut into ½-inch-thick slices**
- **5 tablespoons canola *or* avocado oil, divided**
- **1 teaspoon salt, divided**
- **1 12-ounce pork tenderloin**
- **1 cup loosely packed cilantro leaves and tender stems**
- **1 medium jalapeño pepper, seeded and coarsely chopped**
- **3 tablespoons lime juice**
- **8 6-inch corn tortillas**
- **4 medium radishes, thinly sliced**
- **½ cup crumbled queso fresco**
- **Lime wedges for serving**

**1.** Heat a grill to medium-high.

**2.** Brush peppers and onion with 1 tablespoon oil and season with ¼ teaspoon salt. Brush pork tenderloin with 1 tablespoon oil and season with ¼ teaspoon salt. Grill the vegetables until tender and lightly charred, about 4 minutes per side. Grill the pork until an instant-read thermometer inserted in the thickest part registers 145°F, 5 to 6 minutes per side. Let the pork rest for 5 to 6 minutes.

**3.** Meanwhile, place the remaining 3 tablespoons oil, cilantro, jalapeño, lime juice and ½ teaspoon salt in a mini food processor. Pulse until slightly chunky, 10 to 15 times.

**4.** Grill tortillas until lightly charred, about 1 minute per side. Thinly slice the pork and vegetables. Transfer to a medium bowl, add the cilantro mixture and toss to coat. Serve the pork and vegetables in the tortillas, topped with radish slices and queso fresco. Serve with lime wedges, if desired.

**SERVES 4:** 2 tacos each

**Cal** 427 **Fat** 25g (sat 4g) **Chol** 56mg **Carbs** 30g **Total sugars** 4g (added 0g) **Protein** 23g **Fiber** 4g **Sodium** 760mg **Potassium** 593mg.

JACOB FOX; STYLING: GREG LUNA (FOOD), SUE MITCHELL (PROPS) RECIPE BY KAREN RANKIN

# Spaghetti with Arugula & Clam Sauce

**ACTIVE:** 20 min **TOTAL:** 30 min

*Canned clams are a great ingredient to have on hand for a fast dinner. Plus, their juices amp up the flavor of this sauce. Look for cans with certification from the Marine Stewardship Council for the most sustainable choice.*

- **8 ounces whole-wheat spaghetti**
- **2 tablespoons extra-virgin olive oil**
- **½ cup chopped onion**
- **4 cloves garlic, thinly sliced**
- **¼ teaspoon crushed red pepper**
- **1 10-ounce can whole clams**
- **¼ cup dry white wine**
- **Zest and juice of 1 lemon**
- **1 tablespoon butter**
- **⅛ teaspoon salt**
- **4 cups baby arugula**
- **Grated Parmesan cheese (optional)**

**1.** Bring a large pot of water to a boil. Cook pasta according to package directions. Drain.
**2.** Meanwhile, heat oil in a large skillet over medium heat. Add onion and cook until starting to soften, about 2 minutes. Add garlic and crushed red pepper and cook, stirring, until fragrant, about 1 minute. Add clams and their juice, wine, lemon zest and lemon juice. Bring to a simmer. Adjust heat to maintain a simmer and cook, stirring occasionally, until reduced by half, 6 to 8 minutes.
**3.** Stir in butter and salt. Add the hot pasta and toss to coat. Add arugula and toss until slightly wilted, about 1 minute. Serve with Parmesan, if desired.

**SERVES 4:** 1¼ cups each
**Cal** 397 **Fat** 14g (sat 4g) **Chol** 64mg **Carbs** 50g **Total sugars** 4g (added 0g) **Protein** 21g **Fiber** 6g **Sodium** 460mg **Potassium** 316mg.

## USE YOUR NOODLE

Going whole-wheat gives you double the fiber of regular pasta for a more filling meal. Only 5% of the U.S. population gets the daily recommended 25 to 30 grams. This simple swap is an easy way to inch closer to that goal.

ILLUSTRATION BY EMMA DIBBEN; RECIPE BY DEVON O'BRIEN

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MADS BERG

Original artwork by Mads Berg

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YOUR GUIDE TO PRODUCTS, PROMOTIONS & SPECIAL EVENTS

## BUNNIES ON CUPCAKES?

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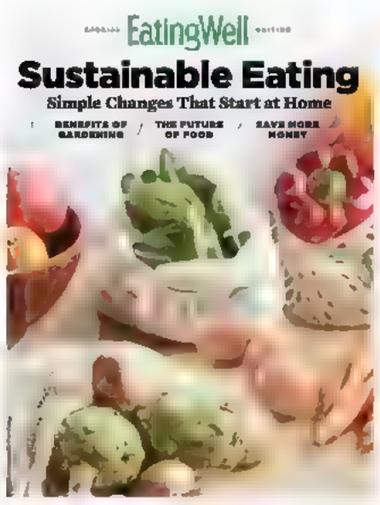


## EATINGWELL SUSTAINABLE EATING

This EatingWell special edition shares simple and thoughtful steps that you can make from your own home to limit food waste, save money and better your health along the way. This edition also highlights some innovative technologies that are reimagining how the land and sea is used and what that means for the future of food.

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COZI™

Get *EatingWell* recipes for easy weeknight dinners & 20-minute mains in Cozi, a free meal-planning & organizing app (available on iTunes and Google Play) from our parent company, Meredith Corporation.

## Black Bean & Greens Wrap with Cilantro Vinaigrette

**ACTIVE:** 20 min **TOTAL:** 20 min

*A simple salad tossed with a tangy vinaigrette packs these no-cook wraps with tons of bright, cilantro flavor. The mix pairs well with mashed beans and avocado, which hold everything together.*

- 1 cup chopped fresh cilantro
- 3 tablespoons white-wine vinegar
- 2 cloves garlic, peeled
- 1 teaspoon ground cumin, divided
- ½ teaspoon salt, divided
- ¼ cup extra-virgin olive oil
- 3 cups chopped romaine lettuce
- 1 cup chopped radicchio
- 1 cup sliced radishes
- 1 15-ounce can no-salt-added black beans, rinsed
- ½ teaspoon chili powder
- ½ teaspoon garlic powder
- 1 ripe avocado
- 1 tablespoon lime juice
- 4 8-inch whole-wheat tortillas *or* wraps

**1.** Combine cilantro, vinegar, garlic, ½ teaspoon cumin and ¼ teaspoon salt in a mini food processor; pulse until finely chopped. With the motor running, slowly stream in oil. Transfer the vinaigrette to a large bowl. Add lettuce, radicchio and radishes and toss to coat.

**2.** Mash beans, chili powder, garlic powder, the remaining ½ teaspoon cumin and ¼ teaspoon salt in a medium bowl. Mash avocado with lime juice in a small bowl. Spread some of the mashed beans and avocado over each tortilla; top with the salad and roll up.

**SERVES 4:** 1 wrap each

**Cal** 459 **Fat** 24g (sat 4g) **Chol** 0mg **Carbs** 49g **Total sugars** 5g (added 0g) **Protein** 12g **Fiber** 12g **Sodium** 675mg **Potassium** 613mg.

RECIPE BY DEVON O'BRIEN

## Mahi-Mahi with Spicy Tomato-Fennel Sauce

**ACTIVE:** 20 min **TOTAL:** 20 min

*Don't chuck the greens that grace a fennel bulb! Those fronds brighten and carry the flavors of this ultra-quick dinner. If your bulb doesn't have fronds, sub fresh dill in their place.*

- **4 tablespoons extra-virgin olive oil, divided**
- **1 large bulb fennel, cored and thinly sliced, plus ¼ cup chopped fronds for garnish**
- **2 cloves garlic, sliced**
- **¼-½ teaspoon crushed red pepper**
- **⅛ teaspoon salt**
- **⅓ cup dry white wine**
- **½ cup seafood *or* fish stock**
- **1 pint cherry tomatoes, halved**
- **⅓ cup pitted Kalamata olives, halved**
- **1¼ pounds mahi-mahi fillets, cut into 4 portions**

**1.** Heat 2 tablespoons oil in a large skillet over medium-high heat. Add fennel, garlic, crushed red pepper to taste and salt. Cook, stirring occasionally, until softened and beginning to brown, about 4 minutes. Add wine and cook, stirring, until almost evaporated, about 1 minute. Add stock, tomatoes and olives.

**2.** Nestle mahi-mahi into the sauce. Adjust heat to maintain a lively simmer. Partially cover and cook for 4 minutes. Flip the fish and continue cooking until the tomatoes are softened and the fish is opaque in the center, 4 to 6 minutes more.

**3.** Drizzle with the remaining 2 tablespoons oil and sprinkle with the fennel fronds, if using.

**SERVES 4:** 4 oz. fish & ¾ cup sauce each
**Cal** 474 **Fat** 20g (sat 3g) **Chol** 228mg **Carbs** 9g **Total sugars** 4g (added 0g) **Protein** 59g **Fiber** 3g **Sodium** 639mg **Potassium** 1,707mg.

RECIPE BY HILARY MEYER

**GOOD CATCH**

For the most sustainable option, according to *SeafoodWatch.org*, choose wild mahi-mahi handline-caught in the U.S. Atlantic.

Houghton Mifflin Harcourt

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Better Homes & Gardens

17TH EDITION

# NEW COOK BOOK

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BRAND-NEW FORMAT

COVER RECIPE

## Chicken & Broccoli with Herb Butter Sauce

**ACTIVE:** 30 min **TOTAL:** 40 min

*After the chicken roasts, we turn the drippings into a smooth and velvety pan sauce by adding a little stock and butter.* (Recipe by Adam Dolge. Photo: cover.)

- 1 tablespoon extra-virgin olive oil
- 1½ pounds bone-in, skin-on chicken thighs
- ¾ teaspoon kosher salt, divided
- ½ teaspoon ground pepper
- 4 cups broccoli florets
- 4 ounces shallots, trimmed and halved lengthwise
- 2 cloves garlic, minced
- 1 teaspoon chopped fresh sage, plus more for garnish
- 1 teaspoon chopped fresh rosemary
- 2 cups unsalted chicken stock
- 2 tablespoons butter
- 2 cups hot cooked brown rice

**1.** Preheat oven to 425°F.

**2.** Heat oil in a large cast-iron skillet over medium-high heat. Add chicken, skin-side down, and cook, turning once, until golden, 6 to 10 minutes per side. Transfer to a plate; sprinkle both sides with ½ teaspoon salt and pepper.

**3.** Add broccoli and shallots to the pan and toss to coat with the drippings. Add garlic, sage and rosemary; cook, stirring, until fragrant, about 1 minute. Nestle the chicken on top of the vegetables and transfer to the oven. Roast until an instant-read thermometer inserted in the thickest part of the chicken without touching bone registers 165°F, about 8 minutes.

**4.** Place the pan over medium-high heat (careful—the handle will be hot). Push the chicken and vegetables to one side. Stir in stock, scraping up any browned bits, and bring to a simmer. Add butter and cook, stirring frequently, until the sauce thickens, about 5 minutes. Sprinkle with the remaining ¼ teaspoon salt. Serve the chicken and vegetables with the sauce and rice. Garnish with more sage, if desired.

**SERVES 4:** 3 oz. chicken, ½ cup vegetables & ½ cup rice each

**Cal** 409 **Fat** 18g (sat 6g) **Chol** 121mg **Carbs** 36g **Total sugars** 2g (added 0g) **Protein** 28g **Fiber** 4g **Sodium** 584mg **Potassium** 731mg.

**We've got lots of strawberry-rhubarb recipes. Hover your phone's camera over this smart code to see them.**

## Strawberry-Rhubarb Upside-Down Cake

**ACTIVE:** 30 min **TOTAL:** 1½ hrs

*We chose the classic combination of strawberries and rhubarb for this easy cake, but you can substitute 3 cups of any ripe fruit you'd like.*

- 1½ cups sliced rhubarb (thawed and drained if frozen)
- 1½ cups sliced strawberries
- 2 tablespoons lemon juice
- 1 cup packed light brown sugar, divided
- 4 tablespoons (½ stick) unsalted butter, softened, divided
- 1 cup whole-wheat pastry *or* white whole-wheat flour
- ¾ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ⅓ cup canola oil
- 2 large eggs
- ½ cup whole-milk plain yogurt
- 1 teaspoon vanilla extract

**1.** Preheat oven to 350°F.

**2.** Toss rhubarb, strawberries and lemon juice in a large bowl.

**3.** Heat ¼ cup brown sugar and 2 tablespoons butter in a 10-inch ovenproof skillet, preferably cast-iron, over medium heat, stirring constantly, until the butter melts and the mixture starts to bubble, about 3 minutes. Let cool for 5 minutes. Coat the sides of the skillet with cooking spray. Using a slotted spoon, arrange the strawberry-rhubarb mixture in the pan (discard the juices left behind).

**4.** Whisk flour, baking powder, baking soda and salt in a medium bowl. In another medium bowl, beat the remaining ¾ cup brown sugar, 2 tablespoons butter and oil with an electric mixer on medium-high speed until light and fluffy, about 1 minute. Beat in eggs, one at a time. Add yogurt and vanilla and beat until smooth. Add the flour mixture and mix on low speed just until it is incorporated. Spread the batter over the fruit.

**5.** Bake the cake until it pulls away from the sides and the top is golden brown, 30 to 40 minutes. Let cool in the pan on a wire rack for 10 minutes. Run a knife around the edges and carefully invert the cake onto a serving platter. Let cool for at least 15 minutes more before serving. Serve warm or at room temperature.

**SERVES 12:** 1 slice each

**Cal** 249 **Fat** 12g (sat 3g) **Chol** 43mg **Carbs** 33g **Total sugars** 20g (added 18g) **Protein** 4g **Fiber** 3g **Sodium** 128mg **Potassium** 168mg.

RECIPE BY BREANA KILLEEN

# Egg Salad & Avocado Toasts

**ACTIVE:** 20 min **TOTAL:** 20 min

**TO MAKE AHEAD:** Refrigerate egg salad (Step 1) for up to 1 day.

*This creamy egg salad gets a briny boost of flavor from capers and nice crunch from yellow bell pepper and celery.*

- **6 hard-boiled large eggs, peeled**
- **¼ cup mayonnaise**
- **2 tablespoons capers, rinsed and chopped**
- **2 tablespoons chopped fresh dill**
- **1 tablespoon lemon juice**
- **1 tablespoon whole-grain mustard**
- **2 teaspoons hot sauce**
- **½ cup finely chopped yellow bell pepper**
- **½ cup finely chopped celery, leaves reserved for garnish**
- **4 slices whole-wheat bread, toasted**
- **1 clove garlic, cut in half**
- **1 tablespoon extra-virgin olive oil**
- **¼ teaspoon ground pepper**
- **1 ripe avocado, thinly sliced**
- **Fresh parsley for garnish**

**1.** Mash eggs in a large bowl with a fork or potato masher. Stir in mayonnaise, capers, dill, lemon juice, mustard and hot sauce. Pat bell pepper and celery dry and stir into the egg mixture.

**2.** Rub one side of each toast with garlic, drizzle with oil and sprinkle with pepper. Divide avocado among the toasts and top with the egg salad. Garnish with celery leaves and parsley, if desired.

**SERVES 4:** 1 toast each

**Cal** 372 **Fat** 26g (sat 5g) **Chol** 285mg **Carbs** 20g **Total sugars** 4g (added 0g) **Protein** 15g **Fiber** 6g **Sodium** 516mg **Potassium** 570mg.

★ For more ways to use your leftover Easter eggs, go to *eatingwell.com/eastereggs*

RECIPE BY ADAM DOLGE

# YOU WANT TO SERVE DEVILED EGGS. BUT YOU'VE NEVER ACTUALLY MADE DEVILED EGGS.

McCormick

IT'S GONNA BE GREAT™

Let's start [illegible]. Scan the code for this Tangy Mustard Deviled Eggs recipe and other great appetizers.

Chef Vivian Howard's new book, *This Will Make It Taste Good*, is all about creating homemade condiments and seasonings, then using them to boost the flavor in other recipes. This salmon is from her chapter on fruit preserves. To keep it quick, we've adapted it to work with store-bought. Get her preserves recipe at *eatingwell.com/preserves*.

## Sweet Heat Salmon

**ACTIVE:** 45 min **TOTAL:** 45 min
**TO MAKE AHEAD:** Refrigerate glaze (Step 1) for up to 4 days; reheat before continuing.

*A glaze made from fruit preserves and jalapeño provides the perfect amount of sweet and spicy flavor to salmon. If you don't like a lot of heat, discard the ribs and seeds from your jalapeño before adding it to the sauce.*

- ¾ cup fruit preserves, such as blackberry *or* peach, pureed
- 6 tablespoons water
- 1 jalapeño pepper, thinly sliced, plus more for garnish
- 2 cloves garlic, chopped
- ¼ cup white-wine *or* cider vinegar
- 1½ tablespoons reduced-sodium tamari *or* soy sauce
- 2 tablespoons lemon *or* lime juice, divided
- 1½ pounds skin-on salmon fillet
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon kosher salt
- 3 cups packed arugula
- 1 cup thinly sliced radishes
- ¼ cup fresh mint *or* chervil leaves, torn
- Lemon wedges for garnish

**1.** Combine pureed preserves, water, jalapeño and garlic in a medium saucepan. Bring to a boil over medium heat. Cook, stirring occasionally, until reduced by half, 10 to 15 minutes. Add vinegar and tamari (or soy sauce) and cook until thick enough to coat the back of a spoon, 4 to 8 minutes more. Remove from heat. Stir in 1 tablespoon lemon (or lime) juice.

**2.** Meanwhile, preheat grill to medium-high or broiler to high. Brush salmon with oil and sprinkle with salt.

**3.** Oil the grill rack or place the salmon on a rimmed baking sheet coated with cooking spray. Grill or broil the salmon, skin-side down, until it flakes easily with a fork, 10 to 15 minutes, depending on thickness. Using 2 large spatulas, carefully transfer the salmon to a platter. Top with the warm glaze.

**4.** Toss arugula, radishes, mint (or chervil) and the remaining 1 tablespoon lemon (or lime) juice in a medium bowl. Serve the salmon with the salad and garnished with lemon wedges and more jalapeño slices, if desired.

**SERVES 6:** 3 oz. salmon & ⅔ cup salad each
**Cal** 283 **Fat** 7g (sat 1g) **Chol** 53mg **Carbs** 30g **Total sugars** 20g (added 19g) **Protein** 24g **Fiber** 1g **Sodium** 337mg **Potassium** 578mg.

INSET: BAXTER MILLER; RECIPE FROM *THIS WILL MAKE IT TASTE GOOD*, BY VIVIAN HOWARD (LITTLE BROWN, 2020)

## Beef & Sweet Potato Coconut Curry

**ACTIVE:** 45 min **TOTAL:** 45 min

*A tender cut of beef like sirloin or rib-eye won't get tough as it simmers away in the stew. Serve with rice noodles, if you like.*

- 1 pound sirloin or boneless rib-eye steak, trimmed and cut into 1-inch pieces
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- 1¼ teaspoons salt, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons canola oil, divided
- 1 medium red onion, chopped
- 3 cups cremini mushrooms, halved
- 1 medium sweet potato, peeled and cut into ½-inch pieces
- 2 cloves garlic, minced
- 1 tablespoon curry powder
- 2 cups unsalted beef broth
- 1 14-ounce can coconut milk
- 4 cups packed chopped kale
- Chopped fresh cilantro & lime wedges for serving

**1.** Toss beef with cumin, coriander, ½ teaspoon salt and ¼ teaspoon pepper in a medium bowl. Heat 1 tablespoon oil in a large pot over medium-high heat. Add the beef and cook, stirring occasionally, until browned on all sides, about 3 minutes. Transfer to a plate.

**2.** Add the remaining 1 tablespoon oil, onion and mushrooms to the pot. Cook, stirring occasionally, until the vegetables start to soften, 2 to 3 minutes. Add sweet potato, garlic and curry powder; cook, stirring, for 30 seconds. Add broth and scrape up any browned bits. Stir in the beef and any accumulated juices, coconut milk and the remaining ¾ teaspoon salt and ¼ teaspoon pepper. Bring to a boil. Reduce heat to maintain a simmer, partially cover and cook until the sweet potatoes are almost tender, about 7 minutes.

**3.** Stir in kale and cook until the beef and vegetables are tender, 5 to 8 minutes more. Serve with cilantro and lime wedges, if desired.

**SERVES 6:** 1⅓ cups each

**Cal** 310 **Fat** 22g (sat 14g) **Chol** 39mg **Carbs** 11g **Total sugars** 3g (added 0g) **Protein** 19g **Fiber** 3g **Sodium** 579mg **Potassium** 769mg.

JACOB FOX; STYLING: KELSEY MOYLAN (FOOD), SUE MITCHELL (PROPS). RECIPE BY BREANA KILLEEN

# A New Way to Taco Tuesday

These may look like fish tacos, but surprise: it's tofu that gets extra-crispy on the outside from one key ingredient. **By Joy Howard**

**Above-Average Starch** Cornstarch—used here to make a crispy coating on the tofu—is nearly 100% starch. This makes it a better choice than all-purpose flour, which is only about 70% starch, if you want to maximize crunch.

**How It Works** The protein found in wheat flour, gluten, has a tendency to absorb moisture. Cornstarch doesn't have gluten, and its larger granules are less prone to soaking up liquid and becoming soggy.

**A Fleeting Feat** Left to sit for too long, the coating will begin to soften. Enjoy your tacos while the tofu is fresh and hot!

## Chipotle Tofu Tacos

**ACTIVE:** 20 min **TOTAL:** 45 min

*Here, we tear the tofu instead of cutting it. That might sound odd, but it's the best way to get crisp, crumbly edges reminiscent of fish tacos. Plus, it's a great knifeless task for younger kids.*

- **5 tablespoons lime juice, divided**
- **¼ cup cornstarch**
- **2 tablespoons canola *or* avocado oil**
- **1½ tablespoons adobo sauce (from canned chipotles in adobo), divided**
- **4 cloves garlic, grated, divided**
- **1 tablespoon ground cumin**
- **1 teaspoon salt, divided**
- **2 14-ounce packages extra-firm tofu, drained and torn into 1-inch pieces**
- **½ cup sour cream**
- **3 cups shredded cabbage**
- **¼ cup chopped fresh cilantro**
- **12 corn tortillas, warmed**

**1.** Preheat oven to 450°F. Coat a large rimmed baking sheet with cooking spray.

**2.** KIDS DO Whisk 2 tablespoons lime juice, cornstarch, oil, 1 tablespoon adobo, ¾ of the garlic, cumin and ¾ teaspoon salt in a large bowl. Pat tofu dry, add to the bowl and toss to coat. Spread the tofu on the prepared baking sheet.

**3.** Bake, stirring halfway through, until golden brown, 20 to 25 minutes.

**4.** KIDS DO Meanwhile, mix sour cream and 1 tablespoon lime juice with the remaining ½ tablespoon adobo sauce, garlic and ¼ teaspoon salt in a small bowl. Toss cabbage, cilantro and the remaining 2 tablespoons lime juice in a medium bowl.

**5.** Serve the tofu in tortillas with the slaw and sour cream mixture.

**SERVES 6:** 2 tacos each

**Cal** 351 **Fat** 18g (sat 4g) **Chol** 9mg **Carbs** 35g **Total sugars** 3g (added 0g) **Protein** 18g **Fiber** 6g **Sodium** 452mg **Potassium** 367mg.

INSET: JOE ST. PIERRE

PLAN YOUR PAN

Don't have a large cast-iron skillet? Don't fret. We tested this recipe on a pizza stone and baking sheet as well. As long as you preheat whichever one you use, the crust will come out crispy every time.

# Skillet Red Pepper Pizza with Chicken & Spinach

**ACTIVE:** 15 min **TOTAL:** 30 min

*Whirring up roasted red peppers with olive oil and garlic makes a tangy sauce that's a nice alternative to classic pizza sauce.*

- ½ cup jarred roasted red peppers, rinsed
- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, peeled
- Pinch of salt
- ¼ teaspoon ground pepper
- 1 pound whole-wheat pizza dough
- ½ cup chopped cooked chicken
- ½ cup chopped spinach
- 1 cup shredded part-skim mozzarella cheese
- 2 ounces goat cheese, crumbled
- Fresh basil for garnish

**1.** Position rack in lower third of oven and place a large cast-iron skillet on it; preheat to 450°F.
**2.** Combine red peppers, oil, garlic, salt and pepper in a blender. Puree until smooth.
**3.** Roll and/or stretch pizza dough on a lightly floured surface into a 12-inch circle. Carefully place the pan on a heatproof surface (remember, the handle will be hot), and transfer the dough to it. Spread the sauce over the dough and top with chicken, spinach, mozzarella and goat cheese.
**4.** Bake the pizza on the lower rack until the crust is browned and the cheese is melted, 15 to 20 minutes. Garnish with basil, if desired.

**SERVES 5:** 1 slice each
**Cal** 373 **Fat** 16g (sat 5g) **Chol** 35mg **Carbs** 40g **Total sugars** 2g (added 0g) **Protein** 19g **Fiber** 2g **Sodium** 614mg **Potassium** 117mg.

RECIPE BY DEVON O'BRIEN

12:47 am — Exhausted
2:50 am — Frustrated
6:14 am — Tired
7:02 am — Loving
8:34 am — Fulfilled

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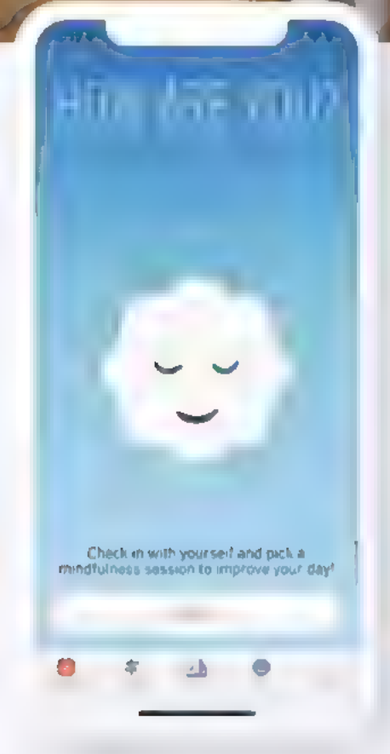


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# GOOD FOOD FAST

GIVE YOURSELF A BREAK

## Freeze Tried

Frozen vegetables pack all the nutrition of fresh—but won't go bad in your crisper drawer. Turn for the 5 we always have on hand.

Photos by Ted & Chelsea Cavanaugh

# Veggie Tales

Give polar produce the love it deserves—no peeling, slicing or dicing required!

**By Karen Ansel, M.S., RDN**

**NUTRITION INFO:** page 107

**BUY IT**

**Mirepoix Blend**

Stash this basic building-block combo (chopped carrots, celery and onion) in your freezer and save some serious prep time.

**TRY IT**

**Parmesan White Beans**

Sauté ½ cup frozen mirepoix blend in 1 Tbsp. olive oil in a large saucepan. Add two 15-oz. cans rinsed no-salt-added white beans, ½ tsp. dried herbes de Provence, the juice of 1 lemon, ½ tsp. each salt and pepper. Stir well; simmer for 5 minutes. Top with ¼ cup grated Parmesan cheese. **SERVES 6.**

**BUY IT**

**Frozen Peas**

Keep a big bag on hand to pump up the veg in mac and cheese, fried rice or pasta or to puree into soups and dips.

**TRY IT**

**Quinoa with Peas & Lemon**

Sauté 1 chopped shallot in 1 Tbsp. olive oil in a large skillet. Stir in a 10-oz. package frozen peas and 2 cups cooked quinoa. Heat through. Stir in the zest of 1 lemon, ¼ cup crumbled goat cheese, ¾ tsp. salt and ½ tsp. pepper. **SERVES 6.**

**BUY IT**

**Chopped Spinach**

Keeping a bag—as opposed to the solid brick—of these greens on hand means you can grab a handful here and there for any of your mealtime needs, like greening up an omelet or adding a vitamin K boost to a smoothie.

**TRY IT**

**Cheesy Spinach Fritters**

Squeeze as much liquid as possible from a thawed 1-lb. bag of frozen spinach. Combine the spinach with 1 chopped shallot, ¾ cup each plain breadcrumbs and shredded sharp Cheddar cheese, 1 large egg and ¼ tsp. each salt and pepper. Form into six 3-inch patties. Heat 3 Tbsp. olive oil in a large nonstick skillet over medium-high heat and cook until lightly browned on both sides, 3 to 4 minutes. **SERVES 6.**

**BUY IT**

**Cubed Butternut Squash**

These ready-to-use chunks are super-versatile for mashing or sautéing.

**TRY IT**

**Curried Mashed Butternut Squash**

Heat a 10-oz. package of unseasoned cubed frozen butternut squash according to package directions. Mash in a large bowl to desired consistency. Stir in 2 tsp. each curry powder and maple syrup, ½ tsp. salt and ¼ tsp. pepper. Top with ¼ cup chopped pistachios. **SERVES 4.**

**BUY IT**

**Broccoli & Cauliflower Blend**

This family-friendly classic is great for casseroles, sautés and stir-fries.

**TRY IT**

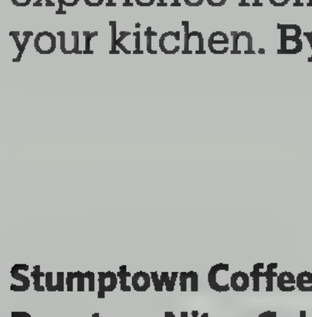
**Balsamic Broccoli & Cauliflower**

Sauté 2 sliced garlic cloves in 2 Tbsp. olive oil in a large skillet. Stir in a thawed and drained 10-oz. bag broccoli and cauliflower, 2 Tbsp. balsamic vinegar, 2 tsp. chopped fresh thyme, ½ tsp. salt and ¼ tsp. pepper. Cook until hot, about 1 minute. **SERVES 4.**

# Be Your Own Barista

These products allow you to create a budget-friendly coffee shop experience from the comfort of your kitchen. **By Sarah Zorn**

**Stumptown Coffee Roasters Nitro Cold Brew** There are many ready-to-drink cold brew options on the market. Stumptown has embraced the current coffee craze by charging theirs with nitrogen, for an especially smooth mouthfeel and a creamy head.



**Copper Cow Pour-Over Set** This women-owned company specializes in DIY, Vietnamese-style coffee. Simply pour hot water over sachets of dark roast, then top with the included packets of sweetened condensed milk.

**Oatly! Barista Edition Oat Milk** Not only does it resist curdling (an issue with many non-dairy creamers), Oatly's barista milk isn't overly sweet, and whips up perfectly into ethereal foam.

**Reddi-Wip Barista Series Sweet Foam Coffee Topper** Those cans have a childhood nostalgia factor and now they're made specially for coffee. This foam for budding baristas is designed to turn your coffee into a cappuccino at the push of a nozzle.

**Starbucks Cold Brew Single Serve Concentrate** Pour the contents of this small cup over ice and just add water or even milk for a glass of cold brew—with that signature Starbucks depth of flavor—anytime. The individual size is ideal for stashing in a bag or desk drawer.

PAGES 59 & 61: FOOD STYLING BY SU LI

# Faux Jerky

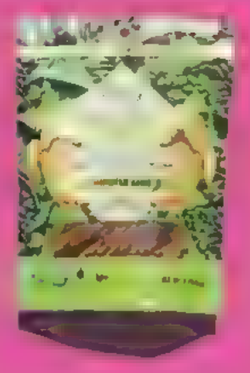
Beef jerky is the quintessential on-the-go food, but if you don't eat meat, you don't have to miss out. Make your own from beets or snatch one from our list of the tastiest vegan jerkies you can buy. By Cindy Brzostowski

**BEST SOY**
**Primal Strips Vegan Jerky (Hickory Smoked)**
*99 cal, 3g sugar (3g added), 10g protein, 1g fiber, 344mg sodium*
This smoky and chewy jerky closely mimics meat.

**BEST MUSHROOM**
**Pan's Mushroom Jerky (Zesty Thai)**
*130 cal, 7g sugar (7g added), 1g protein, 7g fiber, 260mg sodium*
Made from shiitake mushrooms, these strips pack an umami punch.

**BEST SEITAN**
**Sweet Earth Spicy Kung-Pao Plant-Based Jerky**
*130 cal, 3g sugar (3g added), 13g protein, 0g fiber, 400mg sodium*
Seitan's signature chewy texture makes this pick similar to traditional jerky.

**BEST JACKFRUIT**
**Jack & Friends Jackfruit Jerky (Tomato & Poblano Pepper)**
*80 cal, 4g sugar (0g added), 7g protein, 4g fiber, 470mg sodium*
Craving a spicy kick? Start here.



**BEST BANANA**
**Wild Joy Goods Banana Jerky (Original)**
*100 cal, 11g sugar (0g added), 1g protein, 3g fiber, 190mg sodium*
The banana base makes this snack slightly sweet.

## Beet Jerky

**ACTIVE:** 10 min **TOTAL:** 4¾ hours
*You have to taste it to believe it—these beets have all the savory flavor and chewy texture of classic beef jerky but are entirely vegan. Keep it on hand for snacking, in an airtight container, for up to 5 days. (Recipe by Devon O'Brien.)*

**1.** Whisk ¼ cup each **vegan Worcestershire sauce** and **reduced-sodium tamari,** 1 tsp. each **maple syrup** and **ground pepper** and ½ tsp. each **onion powder** and **garlic powder** in a large bowl. Thinly slice 3 medium **beets** (about 1½ pounds) into ⅛-inch slices and add to the bowl; toss to coat. Cover and refrigerate for at least 2 hours and up to 2 days.

**2.** Position racks in middle and lower third of oven; preheat to 200°F. Line 2 large baking sheets with parchment paper. Drain the beets and arrange in a single layer on the prepared pans. (They can touch, but should not be overlapping.) Bake, rotating the pans top to bottom halfway through, until dry yet still pliable, 2½ to 2¾ hours.

**SERVES 12:** about 3 pieces each
**Cal** 28 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 6g **Total sugars** 4g (added 0g) **Protein** 1g **Fiber** 2g **Sodium** 132mg **Potassium** 186mg.

PAGES 60 & 62: FOOD STYLING BY KATE BUCKENS

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**SILICON VALLEY LIKES TO TALK ABOUT INNOVATION IN TERMS OF DISRUPTION—** a Darwinian cull of the old that allows us to re-imagine the way we live—even when it's referring to a new dating app that lets you swipe left instead of right. This group of five FOOD INNOVATORS aren't driven by the same techno-capitalist-utopian vision: it's not *new* they're necessarily after, but *better.* They're disrupting the industrialized food system to remedy its labor abuses and environmental impacts. They're leaning on ancient traditions while employing DNA sequencing and robotics. Most of all, their work inspires us to see food and agriculture in ways we may never have considered.

BY JONATHAN KAUFFMAN & SU-JIT LIN

# WHAT'S NEXT

## Taking Indoor Growing to a Whole New Level

**APPHARVEST**

Jonathan Webb, CEO of AppHarvest *(opposite)*, sees a world of promise in tomatoes, provided they're grown the right way. Namely: indoors.

At the company's 2.75-million-square-foot greenhouse complex in Morehead, Kentucky—which opened in November 2020—the vast growing-room floor is striped with long hydroponic tanks set waist high. From the tanks, tomato vines stretch skyward along supporting wires. Sunlight inundates the room through a gridded glass and steel ceiling, although rows of pink LED lights compensate when clouds roll in. The tomatoes are irrigated solely by rainwater, channeled into a holding pond next to the building. The air inside is hot and humid, whether it's August or January.

The 60-acre structure is the largest greenhouse in the United States. And Webb says that it has the potential to resolve a plethora of crises facing agriculture today—from farm labor abuses and fertilizer runoff to the impact of climate change and an overdependence on pesticides, along with

AARON CONWAY

Apparel

**90%**

environmentally taxing inputs, like water. He hopes that it will also revitalize the local economy.

Rowan County, where AppHarvest is based, is on the edge of central Appalachia. Slumping coal production in the area has cut industry jobs almost in half over the last 15 years. The county's median household income is 40% lower than the median U.S. household income, and the poverty rate is more than twice as high.

While facilities like AppHarvest's do require energy to power heaters and lights, they can produce as much as 30 times more yield per square foot than outdoor fields. Growing tomatoes hydroponically requires 90% less water (per tomato produced) and no herbicides, and operations can even introduce predatory insects to control any pests that do slip in, according to Gene Giacomelli, Ph.D., a professor of agriculture at the University of Arizona who studies greenhouses and other advanced growing systems. This greenhouse is also a controlled environment—so no matter what the climate is doing outside, the plants always have perfect growing conditions. AppHarvest even installed a closed-loop recycled-water system to keep any nutrient runoff out of Rowan County's waterways.

Webb makes no claims to be a farmer. But the entrepreneur did see opportunity in the fact that Morehead is within a day's drive of 70% of the American population—a core asset for distributing fresh produce.

And that starts with tomatoes. Fresh slicing tomatoes are an ideal crop to grow, says Giacomelli, because produce is sold by weight, and tomatoes' water content makes them more profitable than, say, hollow bell peppers. The U.S. currently imports $2.1 billion worth of fresh tomatoes from Mexico annually, more than the total produced by California and Florida combined.

AppHarvest can deliver fresher, more flavorful varieties than Mexican farms, grown more sustainably, at the same price point. If the cool, rainy Netherlands can become the world's second-largest exporter of produce and other plants by covering wide swaths of farmland with greenhouses, Webb says, why not Kentucky?

What makes AppHarvest's vision uniquely compelling is its commitment to transforming farm labor into a steady 9-to-5 job that doesn't require hours of stooped labor every day, exposure to dangerous chemicals, or migrations from region to region to follow the seasonal crops. (It's a stark contrast to Florida's tomato industry, which has been plagued by labor-abuse claims and reduced production since the banning of the much-relied-on pesticide methyl bromide due to environmental concerns.) AppHarvest has already hired 130 staff, offering base pay well above minimum wage, along with health care coverage, a 401(k) match and other benefits. And it's funding programs in local high schools to train future generations of indoor farmers.

In the fall, AppHarvest announced that Novus Capital was helping it go public, with the goal of raising $475 million on top of the $150 million it has already accrued. The company has broken ground on a similar-size tomato greenhouse outside of Richmond, Kentucky, as well as a 15-acre facility in Berea for fresh greens. And at press time, the first crop of tomatoes from the Morehead location was being harvested. Webb says he firmly believes that Kentuckians will embrace a rapid shift to greenhouse agriculture: "Farming will use more infrastructure and technology. This is what the future is going to look like." —*Jonathan Kauffman*

AARON CONWAY; OPPOSITE: LAYLAH AMATULLAH BARRAYN

# Transforming Chinese Takeout MÓGŪ

When Mike Wang immigrated to the United States as a child, he was baffled by Chinese food here. Oil poaching, sugar glazing, deep frying, dousing with viscous sauces—the techniques that were used to prepare popular Americanized Chinese dishes like General Tso's, egg rolls and even chicken and broccoli, did not reflect the way his family ate at home on Long Island. In fact, many of the dishes stood in stark contrast to the medley of vegetable-forward stir-fries he was used to, which had thinner sauces and just enough oil to get the job done.

Since it was introduced in 1849 during California's Gold Rush, Chinese food in the U.S. has gotten a nutritional bad rap. Many chefs found they needed to adapt their cooking to better suit the tastes of American customers—swapping out "strange" ingredients, adding more sugar and oil—and the cuisine collected negative stereotypes and a reputation for being unhealthy.

Wang, who went on to earn a doctorate in nursing practice, and specialized in acute care and cardiothoracic surgery at New York-Presbyterian Hospital, says that it became clear to him that the way Americans thought about Chinese food ought to be *re-thought*. He envisioned introducing his patients to the cuisine he grew up with—to prove that Chinese food could be good for you as well as delicious—and to do it in a way that preserved the flavors and traditions unique to his culture.

This revelation—compounded with a decline in the number of Chinese immigrant chefs, the rise of national chains using unhealthy shortcuts, and a growing public emphasis on wellness—convinced Wang to discontinue his medical career and lead the change he wanted to see in the food world.

In 2013, he began developing MÓGŪ, a quick-serve Chinese restaurant that brings takeout into the future. (MÓGŪ means "mushroom" in Mandarin, a symbol of good luck, longevity and health in Chinese culture.) And interestingly, Wang's vision started not with recipes, but technology. "The key to Chinese takeout is the art of wok-cooking—the nuances of flavor that high heat and constant tossing over a fire provides," he says. "I wanted to recreate those subtleties in a way that uses less oil, salt and sugar but maintains the techniques and chemical reactions that make the food so good."

Wang enlisted a team of pioneering engineers from top institutions around the country to invent an automated robotics cooking platform; it's powered by a proprietary hybrid heating mechanism that uses super-powered air-frying capabilities. The devices cook to consistent precision based on algorithms created for each dish, which are designed to emulate the art and science of food made by a trained Chinese chef. He market tested the system at his mother Jen Li's takeout restaurant in January 2019. And in September 2020, Wang unveiled the first dedicated MÓGŪ fast-casual restaurant in Farmingdale, New York—a sleek, modern space that has a kitchen filled with custom-designed, fully automated robotic cooking devices that produce healthy dishes for delivery or takeout. And the whole process is contactless—all the more important during a pandemic.

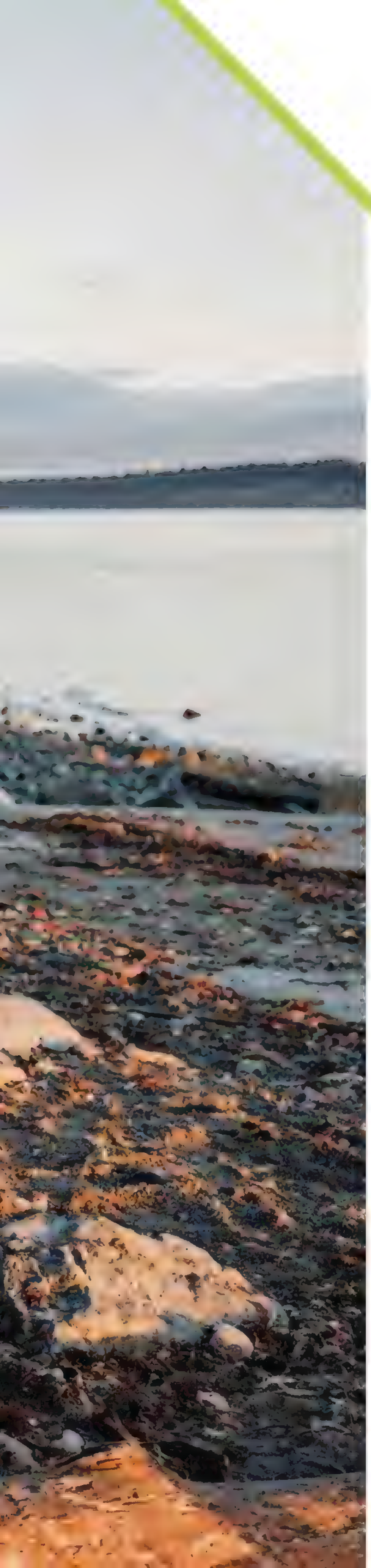
"We lower the amount of cooking oil and aim for a minimum 30% reduction in sugar and sodium compared to national chains."
—Mike Wang

The ingredients for each dish are prepped, assembled and sealed in packets in advance at the central kitchen at MÓGŪ headquarters just blocks away. When an order comes in, one of six staffers simply adds an ingredient packet to a cooking device and activates the cooking algorithm by touching a button.

The menu items themselves have been re-imagined by a recipe-development team led by his mother and MÓGŪ's executive chef A Cong, both of whom Wang tasked with interpreting classic Chinese American dishes—and family recipes like scallion pancakes and Kung Wow chicken. "Fresh vegetables take a starring role, we lower the amount of cooking oil and aim for a minimum 30% reduction in sugar and sodium compared to national-chain versions," says Wang. "We also derive flavors from real sources, like orange peels instead of extract for Tangerine Chicken, and fruit juices rather than sugar." The final recipes are then analyzed to ensure they meet the American Heart Association's criteria for a heart-healthy diet.

That's just the start. Wang aims for expansion, and this auspicious mushroom is poised to usher in a whole new way of enjoying Chinese American food—not to mention how we think about its healthfulness. All of that is good for our hearts, too. —*Su-Jit Lin*

"We are facing unprecedented climate challenges. And we need all the wisdom and ways of knowing to be able to identify and support enduring solutions."
—Skye Augustine



TAYLOR ROADES

# Protecting Coastlines with an Age-Old Tradition

**SEA GARDEN RESTORATION PROJECT**

Butter clams. Littlenecks. Cockles. When John Elliott *(near left)* was growing up on Vancouver Island in British Columbia, his family would take springtime trips to the beach to gather clams at low tide. "We've always eaten that way," says Elliott, elder advisor to the W̱SÁNEĆ Leadership Council, an Indigenous advocacy group. "We traveled around in our territory, digging clams where there were good clam beaches."

Good clam beaches stretch from Washington State north along the British Columbia coast to Alaska—there are thousands of them. A quarter-century ago, scientists wondered why many of these beaches were ringed with offshore rock walls that hid below the waterline most of the year. When they finally asked a Kwakwaka'wakw (Kwakiutl) clan chief, he explained that they were clam gardens, a sophisticated strategy many Indigenous peoples used to manage shellfish habitats.

Clams grow and live in specific levels of the intertidal zone. For at least the past 3,500 years, First Nations people have rolled large rocks into the sea to change the tidal height of the beach above it. The rocks caused sediment to accumulate, shifting its slope and creating a larger, more optimal environment for clams and a broad variety of other species to thrive.

Knowledge holders like Elliott have helped scientists understand how tending these gardens—restoring rock walls, clearing away kelp and sea lettuce, and raking the gravely beach to remove debris and fine sediment—allows water to flow freely, bringing nutrients to the bivalves. And in the past decade, several innovative programs have begun working to improve the resilience of these ancient coastal habitats. One of the most active is the Sea Garden Restoration Project on Russell Island, 30 miles north of Victoria. There, Parks Canada staff, ecologists and members of the W̱SÁNEĆ and Hul'q'umi'num Nations are restoring clam gardens and teaching young First Nations students how to continue this legacy of environmental stewardship. "These are living practices that people have been engaging in continuously for thousands of years," explains Skye Augustine *(far left)*, a marine ecologist and member of the Stz'uminus Nation who is studying this work as a doctoral candidate at Simon Fraser University. "One thing I think is really important is the two-way learning between scientists and First Nations elders. I see people with a large degree of humility who are working hard to listen carefully to each other and to what we see on the land."

Elliott says that he was taught that untended clam beaches could suffocate. Indeed, archaeologists studying clam gardens in Quadra Bay, 150 miles to the northwest, have determined that the shellfish there have shrunk in size and numbers in the postcolonial era, stressed by a combination of neglect, climate change and pollution.

Sea levels along the lower British Columbia coast have been rising steadily for 11,100 years, Augustine says, which makes the clam gardens particularly important because they act as buffers—helping to protect the coastline, as well as the diversity of shellfish populations, from environmental changes. Their existence could become even more critical as sea temperatures, and levels, continue to climb. Just as the U.S. Forest Service has partnered with the Karuk Tribe in fire-afflicted California to study their traditional controlled burns, Canada's government is learning about stewardship of its coasts from the people who have lived on, and cared for, them the longest.

Over just the past five years, Augustine has already noticed growing numbers of the smallest clams. "We are facing unprecedented climate challenges," she says. "And we need all the wisdom and ways of knowing to be able to identify and support enduring solutions." —*J.K.*

# Enlisting Robots to Make Great Cheese

**JASPER HILL FARM**

"In some artisan-cheese circles, there's this idea that if you're not breaking your back, sacrificing your body at the altar of this preconception of quality, you're not for real," says Jasper Hill Farm CEO Mateo Kehler *(far right)* of the hard manual labor typically required in the business. He and his brother Andy *(near right)*—along with their spouses, Angie and Victoria—bought into this ethos when they started making cheese on their rural Greensboro, Vermont, farmstead in 2003.

But the Jasper Hill of today is a far different operation. In the Cheddar vault of its underground cellar, a robot prowls the aisles between 18-foot-high shelves, lifting 36-pound wheels of clothbound cheese—turning and brushing each one weekly to ensure even aging and more consistent results. A pricy French air exchanger in the next vault over filters and humidifies the air so that the right molds will flourish on soft, bloomy-rind cheeses. Not far away is a first-of-its-kind lab, where technicians conduct genomic analyses to identify which microbes contribute to the flavor of each cheese.

Embracing technology has not only spared the Kehlers and their team back-breaking work—allowing them to focus on other areas of cheesemaking—it's also earned Jasper Hill a reputation as one of the most forward-thinking artisan cheesemakers in North America, if not the world. Its staff of 117 now transform the milk from five herds of cows and one herd of goats into more than a dozen cheeses—from the cream-hearted Harbison to the Alpine-style Alpha Tolman and the spectacularly robust Bayley Hazen Blue—that have won enough gold medals from the American Cheese Society and World Cheese Awards to impress King Midas.

Another cheesemaking myth that Mateo has exploded: That the only use for robots and other cutting-edge innovations is to produce cheeses at an industrial scale. Jasper Hill only processes 5 million pounds of milk a year—which would be just a rounding error, he says, for big factories with rates of 10 million pounds *a day*. The Kehlers are employing robots to make the best cheese they can, rather than the most.

The realization that technology and quality could coexist hit Mateo during a 2005 trip to eastern France. At one cheese cellar he visited, the owners—a couple in their 60s—were collecting and caring for 20 times more product than Jasper Hill, aided by a cheese-turning robot and just a few staff. And their Comté, he adds, had an unbelievable flavor and taste of terroir.

Large-scale cheesemakers pasteurize their milk to create a blank slate, then add commercial cultures to engineer the texture and taste profile they desire. In 2013, the Kehlers set up their on-site lab and partnered with Harvard microbiologists to identify 1,200 species of yeasts, bacteria and molds in great cheeses and puzzle out which yielded specific flavors. Jasper Hill then developed its own starters and began inoculating both its pasteurized and raw milk with these complex blends of beneficial microbes. "Mateo was one of the first to latch onto the idea that the quality of the milk is not the absence of microbes but the right collection of them," says Bronwen Percival, the buyer for famed London cheese shop Neal's Yard Dairy, and co-author of *Reinventing the Wheel*. "Jasper Hill is pushing the limits in terms of what people in the United States are doing with microbes."

The Kehlers also became the first American cheesemakers to install an Italian hay dryer. The flavor of raw-milk cheese begins in the fields—and feeding herds hay, rather than fermented silage, produces milk with more diverse and welcome microbes. But in cool, wet northern Vermont, it was difficult to dry hay outdoors, so for years they had purchased it from outside the region. They now grow and store their own fodder—thanks to the hay dryer—and have returned cornfields that used to supplement the cows' diets to native grasses.

Not all their practices are high-tech, though. Jasper Hill has resurrected some near-defunct traditions, like culturing *Pencillium roqueforti* on loaves of rye bread until it turns bright green—a method of producing blue cheese that dates back to prehistory—and then adding these ambient strains of mold to milk to make their new Native Bayley Hazen Blue. (Only one other cheesemaker, in France, uses this technique; the rest use commercially produced *P. roqueforti* extract.) The resulting flavor—spicier, deeper, more layered—is spectacularly evident. Says Mateo: "What we're really trying to accomplish is a back-to-the-future approach to artisan cheese production—using modern technology to explore and defend traditional practices." —*J.K.*

BRETT SIMISON; OPPOSITE: CHARLOTTE KESL

# Solving the Citrus Greening Crisis—Simply ED JAMES CITRUS

Ed James *(below)* has spent his life growing oranges. He studied agronomy in college, then went on to manage and own hundreds of acres of groves in central Florida's Howey-in-the-Hills. He loved the work—until a disease called citrus greening hit a decade ago.

James was far from alone. In the early 2000s, Florida produced 90% of the orange juice Americans were drinking (most of the state's oranges become juice). Then, in 2005, citrus greening, also known as huanglongbing or HLB, made its way from Asia and Africa to South Florida and quickly ripped across the state. The disease is caused by several species of *Candidatus Liberibacter* bacteria, most often transmitted from tree to tree by minuscule insects called Asian citrus psyllids. Almost all citrus trees are vulnerable, and sweet oranges especially so. The bacteria attack the tree's vascular system, preventing it from transporting nutrients. Leaves discolor and shrink. Branches grow spindly. The fruit the tree produces is small and green—its juice tart and bitter. Eventually, the tree no longer fruits at all, and many die. Between 2008 and 2018, Florida orange production plummeted 75%, and more than three-fifths of the state's growers went out of business.

Given the billions of dollars this epidemic has cost the state, where HLB is now endemic, scientists are working on a host of high-tech remedies: testing various types of antibiotics, as well as using gene-modification technology to engineer disease-tolerant trees and creating nontoxic insecticides to target the psyllids.

But James discovered a low-tech solution. Like his fellow growers, he was forced to sell off much of the acreage he owned—three-fourths of it—and rip out thousands of dead trees. And like them, he spent increasing amounts of money on pesticides as he held on, hoping for a silver bullet to arrive. But he also did something that many did not. Leaning on his agronomy background, he searched the scientific literature for other ways to improve the health of the trees that remained. The conclusion he came to: "The common denominator of healthier trees was healthier soil," says James.

Which is how he started planting cover crops.

"Florida soils are really poor in organic matter, and people have been growing citrus here in a way that is not sustainable," says Lorenzo Rossi, Ph.D., a horticultural science root biologist with the University of Florida. For starters, the soil is 95% sand, and doesn't easily retain nutrients. Conventional fertilize-and-spray agricultural practices also leached away organic matter, causing the already-sapped soil to became exhausted. "When the first disease arrived, all of these problems with the soil hit us really hard," he continues.

Eight years ago, James added a mix of legumes, brassicas, grasses and broadleaf plants between his citrus trees—experimenting with different crops, which he rotated throughout the year. The nitrogen-fixing legumes acted like natural fertilizers, and as each cover crop died and decomposed, vital nutrients were added back to the depleted soils. His spindly surviving trees regained their health, and the new ones he planted thrived. Today, the levels of organic matter (an indicator of overall soil health) in James' groves have risen from less than 1% to around 5%, which is an amount associated with improved crops. "I'm producing fruit of good quality and quantity," he says.

"The common denominator of healthier trees was healthier soil."
—Ed James

Agricultural scientists acknowledge the gains James has seen. Sarah Strauss, Ph.D., a soil microbiologist with the University of Florida, is currently leading a team of researchers studying the beneficial effects of cover cropping in orange groves. She hypothesizes that cover cropping is effective against citrus greening because damage from HLB can hamper trees' ability to absorb nutrients. Increasing the organic matter in the soil makes more nutrients available for the trees' roots to take up. "We're not knocking out the infection," she says. "We're helping the trees deal with the situation."

James is now replanting his orange groves as fast as his wallet will allow. He's replaced 30 acres so far. Better still, he says he enjoys farming again: "I don't worry about citrus greening anymore." —*J.K.*

IN PUERTO RICO THIS INNOVATIVE COLLECTIVE IS CELEBRATING THE ISLAND'S CULINARY HERITAGE WHILE SUPPORTING A COMMUNITY OF FARMERS GROWING FOOD THAT IS BETTER FOR BOTH THE PEOPLE AND THE LAND.
BY VON DIAZ
RECIPES BY VERÓNICA QUILES MALDONADO
LOCATION PHOTOGRAPHY BY MARA CORSINO
RECIPE PHOTOGRAPHY BY JENNY HUANG

ENSALADA DE LA HUERTA CON VINAGRETA DE GUAYABA
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CULTIVATING RESILIENCE

# MORNINGS BEGIN QUIETLY ON A SMALL COMMUNAL FARM CALLED OTRACOSA IN CAGUAS, PUERTO RICO.

Tara Rodríguez Besosa started the farm OtraCosa to provide for the members of their queer chosen family.

Steep mountains delay the sunrise, providing an extra hour of peace before the day begins. There's coffee and conversation, then work: tending farm animals, planting, building and repairing structures, foraging and harvesting. Fresh herbs, such as culantro, and field peas, such as gandules, are collected for the communal kitchen, where resident chef Verónica Quiles Maldonado works wonders. The effort required to support themselves from the land is substantial—they live off the grid, using solar power and collecting rainwater—but the farm residents remain deeply connected to the broader needs of their island home.

That's why many of the residents volunteer for the neighboring nonprofit El Departamento de la Comida (or El Depa, as it's commonly known). Tara Rodríguez Besosa—one of El Depa's founding members and a queer architect and activist—envisions a Puerto Rico where crops that reflect the richness of the island's culture are grown by and for its people. Food sovereignty—the right of a community to have access to healthy, culturally appropriate food grown in a sustainable way—is central to the work of the collective. "It's about making the necessary connections between our health, the health of our ecosystem, the autonomy of our communities, and the right to healthy food that is not dependent on outside sources," says Rodríguez Besosa, who uses they/them pronouns.

Rodríguez Besosa's forward-thinking work began in 2010 when they co-founded El Depa as a CSA collective that connected local farmers to those wishing to support them. Slowly, it evolved into a restaurant and local produce market, and, in 2019, into a nonprofit that supports local farmers with resources and education.

Calls for food sovereignty in Puerto Rico have become more urgent in recent years. In 2017, the island was battered by Hurricane Maria, which killed thousands of people, caused billions of dollars in damage and destroyed 80% of the crops grown on the island. Storms now appear to be worsening as a result of climate change, and an unprecedented "swarm" of nearly 10,000 earthquakes shook the island in 2020—toppling homes and crippling the already-delicate power grid. These environmental factors are further complicated by colonialism and U.S. government policies. An estimated 85% of food in Puerto Rico is imported, due in part to the 1920 Jones Act, which limits the island's trade capacity and drives up food prices. In 1947, Operation Bootstrap—a strategy by then-governor Luis Muñoz Marín to industrialize the island—led to an abrupt shift toward monoculture that to this day prioritizes growing profitable exports like sugar, corn, bananas and coffee over foods that could feed the island. In all, these compounding factors create the perfect storm that has led to an unsustainable food system.

Today, a small team of volunteers and staff at El Depa are working to weather that storm. They distribute heirloom seeds free of charge, loan out farm equipment, share farming skills and hold workshops. Their vision is to support a resilient, decentralized network of small-scale farms that can supply the island's residents with an array of nutritious, sustainable foods, even in the most challenging times. To Rodríguez Besosa, the future looks like "many crops, many colors and nutrients, from different small-scale projects, grown from seeds given to us with stories from our ancestors."

Seed saving and distribution is critical to this vision. "There is no food sovereignty without seed sovereignty," says Rodríguez Besosa. "After Hurricane Maria, when many farmers lost most if not all of their crops and trees, seeds became essential for rebuilding our food system. They also carry knowledge: as seeds are being shared, planted and saved, so is our culture of these crops."

Inspired by their experiences recovering from Hurricane Maria—and more recently coping with COVID-19—members of El Depa are developing a production kitchen where small-scale farmers can make sauces, pickles and other shelf-stable staples from the crops they grow. They hope to create opportunities for farmers to extend the shelf life of their produce while simultaneously creating healthful products that will withstand the island's storms.

"No project is too small. But some are too big," says Rodríguez Besosa, explaining that this is one of the collective's core values. "We are not trying to feed a whole island. We're trying to support the island to feed itself."

**VON DIAZ** *is a writer, documentary producer and author of* Coconuts & Collards: Recipes and Stories from Puerto Rico to the Deep South. *Born in Puerto Rico and raised in Atlanta, she focuses on food, culture and identity in her work. She teaches Food Studies at UNC-Chapel Hill and her forthcoming book explores the foodways of islands around the globe.*

RAÍCES
ISLEÑAS CON
PESTO DE
CILANTRILLO
Y AGUACATE
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SOPA DE
CALABAZA
ROSTIZADA
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# PUERTO RICO GROWN

Harvested and foraged ingredients are the building blocks of meals in the OtraCosa kitchen.

**1. Ají dulce (Capsicum chinense)** These small peppers resemble habaneros but are sweet, not hot. They grow well in Puerto Rico's climate and are used in many dishes.

**2. Amaranth (celosia)** is a leafy plant that is cultivated for both its leaves and seeds. You can use the leaves as you would spinach, while the protein-packed seeds are often sold dried and can be cooked and prepared as a grain.

**3. Caribbean pumpkin (calabaza taina dorada)** This squash variety grows well in tropical climates. It has a sweet taste similar to butternut squash and is often used in soups and stews.

**4. Culantro (recao)** is a leafy green herb with an intense, concentrated flavor similar to cilantro. It is a key ingredient in sofrito, a blend of aromatics that forms the base of many dishes in Puerto Rico.

**5. Fresh pigeon peas (gandules verdes)** are a staple in Puerto Rico, where they are often cooked with rice or stewed. The small, round legume is similar in size to an English pea.

**6. Papaya** This large tropical fruit can be eaten in both its unripe and ripe state. Unripe papaya, called green papaya, has a mild flavor and a denser flesh that can be sliced or shredded.

**7. Malanga & yautía roots** are starchy root vegetables similar to potatoes but with an even starchier texture and a nutty taste. They can be roasted, boiled, fried or steamed. Both must be cooked before eating.

**Chef Verónica Quiles Maldonado relies almost entirely on ingredients grown and foraged on the island. Even the salt used is local—it comes from the Cabo Rojo salt flats in southwest Puerto Rico.**

## GUANIMES CON BERENJENA GUISADA

(Guanimes with Stewed Eggplant)

**ACTIVE:** 45 min **TOTAL:** 1½ hrs

**TO MAKE AHEAD:** Assemble guanimes (Step 2) and refrigerate for up to 1 day.

**EQUIPMENT:** Kitchen string

*Guanimes are made with masa harina (corn flour), which you can find in most grocery stores. They are traditionally served alongside stewed salted codfish (bacalao); here, a vegetarian version features stewed eggplant and sweet peppers.*

GUANIMES

- **2 cups masa harina**
- **1 cup low-sodium vegetable broth**
- **1 cup canned coconut milk**
- **2 tablespoons amaranth seeds *(see Pantry, opposite)***
- **2 tablespoons honey**
- **½ teaspoon salt**
- **¼ teaspoon ground pepper**
- **12 banana leaves, thawed if frozen *(see Tip, right)***
- **2 tablespoons extra-virgin olive oil**

BERENJENA GUISADA

- **¼ cup extra-virgin olive oil**
- **4 medium Italian eggplant (about 3½ pounds total), cut into 2-inch chunks**
- **1 small onion, diced**
- **8 ají dulce *or* 1 large red bell pepper, seeded and chopped**
- **2 cups diced tomatoes**
- **2 cloves garlic, minced**
- **1 tablespoon chopped fresh oregano**
- **1 cup low-sodium vegetable broth**
- **1 teaspoon smoked paprika**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **2 cups chopped fresh cilantro**

**1. To prepare guanimes:** Put a large pot of water on to boil.

**2.** Mix masa harina, broth, coconut milk, amaranth, honey, ½ teaspoon salt and pepper in a medium bowl. Cut each banana leaf into a 6-inch square. Brush a leaf square with ½ teaspoon oil. Shape ¼ cup of the dough into a 4-by-1-inch log and place on the leaf, leaving a 1-inch border on the bottom and sides, and a 4-inch border above it. Fold in the sides of the leaf. Fold the bottom of the leaf over the dough and roll up the guanime. Tie a piece of kitchen string around the bundle to secure it. (*Alternatively, roll up the dough in the banana leaf square. Twist the ends to close and secure the ends with kitchen string.*) Repeat with the remaining leaves and filling to make 12 guanimes. *(See photos, page 105.)*

**3.** Drop the guanimes into the boiling water and cook until the leaves start to pull away from the dough, about 45 minutes.

**4. Meanwhile, to prepare berenjena guisada:** Heat oil in a large pot over medium-high heat. Add eggplant, onion, ají dulce (or bell pepper), tomatoes, garlic and oregano; cook, stirring often, for 3 minutes. Add broth, paprika, salt and pepper; bring to a simmer. Cook for 5 minutes. Reduce heat to medium-low, cover and cook until the eggplant is tender, 10 to 15 minutes more. Stir in cilantro.

**5.** Drain the guanimes. Let stand until cool enough to handle, about 10 minutes. Unwrap and serve with the stewed eggplant.

**SERVES 6:** 2 guanimes & 1⅓ cups eggplant each **Cal** 463 **Fat** 24g (sat 9g) **Chol** 0mg **Carbs** 60g **Total sugars** 18g (added 6g) **Protein** 9g **Fiber** 12g **Sodium** 353mg **Potassium** 980mg.

**TIP:** You can substitute cornhusks for banana leaves. Before using them, soak in hot water, weighted with a heavy plate or pan to keep them submerged, for 30 minutes. Drain.

## ASOPAO DE GANDULES
(Pigeon Pea Stew)

**ACTIVE:** 20 min **TOTAL:** 35 min

**TO MAKE AHEAD:** Refrigerate for up to 3 days.

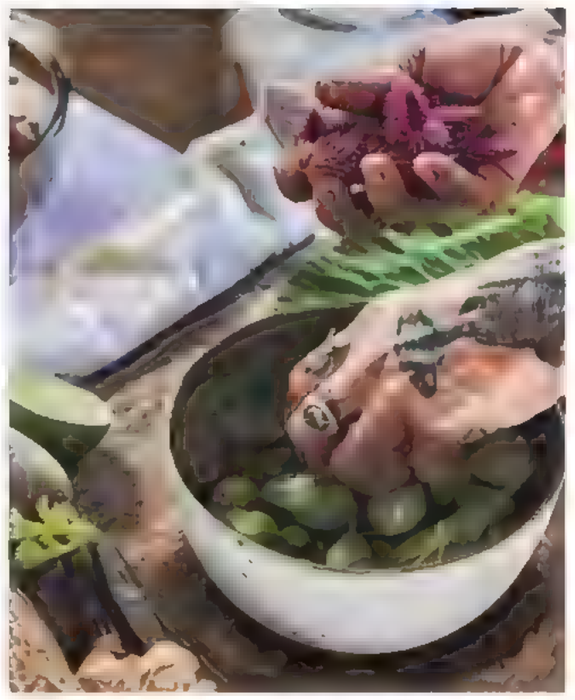
*This simple vegetarian stew makes a hearty and inexpensive main course. Serve it with rice, tostones (fried plantains) or viandas (steamed or boiled root vegetables).*

- ¼ cup extra-virgin olive oil
- 8 ounces gandules (green pigeon peas, fresh or frozen; *see Pantry, page 76*) *or* one 15-ounce can, rinsed
- 1 small onion, diced
- ¼ cup chopped ají dulce *or* ⅓ cup chopped red bell pepper
- 4 cloves garlic, chopped
- 4 cups low-sodium vegetable broth, divided
- 2 tablespoons tomato paste
- 1 tablespoon chopped fresh oregano
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ¼ cup chopped fresh culantro *or* cilantro

Heat oil in a large pot over medium heat. Add gandules, onion, ají dulce (or bell pepper) and garlic. Cook, stirring occasionally, until the vegetables are soft, about 3 minutes. Add 1 cup broth, tomato paste and oregano. Cook, stirring occasionally, until the liquid is almost completely evaporated, about 5 minutes. Stir in the remaining 3 cups broth, salt and pepper. Reduce heat to maintain a simmer, cover and cook, stirring occasionally, until the vegetables are very tender, about 15 minutes more. Stir in culantro (or cilantro).

**SERVES 4:** 1¼ cups each

**Cal** 241 **Fat** 15g (sat 2g) **Chol** 0mg **Carbs** 22g **Total sugars** 5g (added 0g) **Protein** 5g **Fiber** 5g **Sodium** 489mg **Potassium** 463mg.



## ENSALADA DE LA HUERTA CON VINAGRETA DE GUAYABA

(Harvest Salad with Guava Vinaigrette)

**ACTIVE:** 20 min **TOTAL:** 20 min

**TO MAKE AHEAD:** Refrigerate vinaigrette (Step 1) for up to 4 days.

*This salad marries the flavors of cooked and raw ingredients, celebrating the wide array of produce that is grown and harvested on the OtraCosa farm and on neighboring farms.* (Photo: page 73.)

- ½ cup guava puree (thawed if frozen)
- ¼ cup extra-virgin olive oil
- ¼ cup rice vinegar
- 1 clove garlic, crushed and peeled
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup grapeseed oil
- ½ cup no-salt-added canned small white beans, rinsed
- 8 okra pods, thinly sliced
- 2 cups fresh amaranth leaves *(see Pantry, page 76) or* microgreens
- 6 cups packed arugula
- ⅔ cup crumbled farmer's cheese
- ¼ cup thinly sliced red onion

**1.** Combine guava, olive oil, vinegar, garlic, salt and pepper in a blender. Blend until smooth.

**2.** Heat grapeseed oil in a medium skillet over medium-high heat. Add beans and okra; cook, stirring occasionally, until softened, about 5 minutes. Add amaranth (or microgreens) and cook, stirring, until wilted, about 1 minute. Remove from heat.

**3.** Toss arugula with the vinaigrette in a large bowl. Top with the bean mixture, cheese and onion.

**SERVES 4:** 1½ cups each

**Cal** 375 **Fat** 32g (sat 5g) **Chol** 13mg **Carbs** 12g **Total sugars** 4g (added 0g) **Protein** 11g **Fiber** 4g **Sodium** 485mg **Potassium** 366mg.

## RAÍCES ISLEÑAS CON PESTO DE CILANTRILLO Y AGUACATE

(Island Roots with Cilantro Pesto & Avocado)

**ACTIVE:** 20 min **TOTAL:** 30 min

*Malanga and yautía, two root vegetables that grow across Puerto Rico, are an important food source because of their resiliency. Grown underground, they can better withstand hurricanes and large storms. At the farm, this dish is served with homemade pique, a local hot sauce made with pineapple skin and caballero peppers. A simple watercress salad makes an ideal accompaniment.* (Photo: page 75.)

- 1½ pounds malanga *(see Pantry, page 76) or* taro, peeled and cut into 2-inch chunks
- 1 pound yautía *or* yucca, peeled and cut into 2-inch chunks
- 2 cups fresh cilantro with tender stems
- 2 cups fresh culantro (*or* more cilantro) with tender stems
- 6 tablespoons extra-virgin olive oil
- 1 large clove garlic, crushed and peeled
- ¾ teaspoon salt
- ¼ teaspoon ground pepper
- ½ ripe avocado, sliced
- Hot sauce for serving

**1.** Place malanga (or taro) and yautía (or yucca) in a large pot and cover with water by 1 inch. Bring to a boil. Adjust heat to maintain a lively simmer, cover and cook until the vegetables are tender, 20 to 25 minutes. Drain.

**2.** Meanwhile, combine cilantro, culantro (or more cilantro), oil, garlic, salt and pepper in a food processor. Process until smooth.

**3.** Serve the vegetables with the pesto, avocado and hot sauce, if desired.

**SERVES 8:** ¾ cup vegetables & 1 Tbsp. pesto each

**Cal** 290 **Fat** 13g (sat 2g) **Chol** 0mg **Carbs** 42g **Total sugars** 1g (added 0g) **Protein** 2g **Fiber** 5g **Sodium** 239mg **Potassium** 691mg.

## SOPA DE CALABAZA ROSTIZADA
(Roasted Pumpkin Soup)

**ACTIVE:** 25 min **TOTAL:** 1 hr 10 min

**TO MAKE AHEAD:** Refrigerate for up to 3 days.

*This comforting and nourishing soup is an El Departamento de La Comida classic and was served often at the restaurant until it closed in 2017. It is traditionally prepared with Caribbean pumpkin, which grows abundantly in Puerto Rico.* (Photo: page 75.)

- **1 2-pound Caribbean pumpkin *(see Pantry, page 76)* or butternut squash, peeled, seeded and cut into 1-inch pieces**
- **6 tablespoons grapeseed oil, divided**
- **¾ teaspoon salt, divided**
- **½ cup diced onion**
- **3 cloves garlic, chopped**
- **2 tablespoons chopped peeled fresh turmeric *or* 2 teaspoons dried**
- **6 cups low-sodium vegetable broth, divided**
- **1 teaspoon chopped fresh rosemary**
- **½ teaspoon chopped fresh oregano**
- **½ teaspoon ground pepper**
- **Extra-virgin olive oil for serving**

**1.** Preheat oven to 350°F.

**2.** Toss pumpkin (or squash) with 2 tablespoons grapeseed oil and ½ teaspoon salt on a large rimmed baking sheet. Roast, stirring occasionally, until golden brown and tender, 40 to 45 minutes.

**3.** Heat the remaining 4 tablespoons grapeseed oil in a large pot over medium heat. Add onion, garlic and fresh turmeric (if using dried, add it later). Cook, stirring occasionally, until soft and starting to brown, 3 to 5 minutes. Add the roasted pumpkin (or squash) and 2 cups broth. Cook, stirring occasionally and scraping up any browned bits, for 5 minutes. Add the remaining 4 cups broth and ¼ teaspoon salt, rosemary, oregano, pepper and dried turmeric, if using. Increase heat to medium-high and bring to a simmer. Adjust heat to maintain a simmer, cover and cook for 10 minutes.

**4.** Puree the soup with an immersion blender or in batches in a regular blender until smooth. (Use caution when pureeing hot liquids.) Serve drizzled with olive oil, if desired.

**SERVES 6:** 1¼ cups each

**Cal** 173 **Fat** 14g (sat 1g) **Chol** 0mg **Carbs** 12g **Total sugars** 5g (added 0g) **Protein** 1g **Fiber** 2g **Sodium** 423mg **Potassium** 405mg.

## DULCE DE PAPAYA CON JENGIBRE Y CÚRCUMA
(Candied Green Papaya with Ginger & Turmeric)

**ACTIVE:** 25 min **TOTAL:** 1¾ hrs

**TO MAKE AHEAD:** Refrigerate for up to 2 weeks.

**EQUIPMENT:** Parchment or wax paper

*Papaya is one of the most common fruits grown in Puerto Rico. Here, the unripe fruit is candied, transforming it into a dessert that is often served with queso de país, a soft white farmer's cheese. The slices are traditionally prepared over an open fire, but here we translate the recipe for an indoor kitchen. Soaking the papaya in a baking soda solution prevents it from falling apart when cooked. The leftover spiced syrup is delicious added to cocktails or drizzled over ice cream.*

- **5 cups water**
- **3 tablespoons baking soda**
- **1½ pounds green (unripe) papaya *(see Pantry, page 76)*, halved, seeded and thinly sliced**
- **5 cups packed brown sugar**
- **⅓ cup sliced peeled fresh ginger**
- **¼ cup sliced peeled fresh turmeric *or* 4 teaspoons dried**
- **4 whole star anise**
- **1 tablespoon grated orange zest**

**1.** Combine water and baking soda in a large bowl. Add papaya and soak for about 30 minutes.

**2.** Thoroughly rinse the papaya. Place in a large pot and add brown sugar, ginger, turmeric, star anise and orange zest. Bring to a simmer over medium heat, stirring occasionally. Adjust heat to maintain a simmer and cook, stirring occasionally, until the liquid is syrupy and the papaya is dark and slightly translucent, about 45 minutes.

**3.** Strain through a fine-mesh sieve. (Reserve the syrup for another use, if desired.) Spread the papaya on a baking sheet lined with parchment or wax paper and let cool to room temperature, about 15 minutes.

**SERVES 12:** ⅓ cup each

**Cal** 126 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 32g **Total sugars** 30g (added 27g) **Protein** 0g **Fiber** 1g **Sodium** 100mg **Potassium** 128mg.

STYLING: PEARL JONES (FOOD), STEPHANIE YEH (PROPS)

INTRODUCING THE

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PROVISIONS

Justin Dean *(right)* and Richard Stewart's *(left)* friendship began 15 years ago, when Dean started buying produce for his restaurant group from Stewart's Carriage House Farm.

# PROJECT VINEGAR

For more than 10,000 years, this ingredient has been the spark that adds brightness and flavor to a dish. And now, thanks to this farmer-chef collaboration, vinegar has become one of the coolest and tastiest ways to fight food waste.

**By Bryn Millholland Mooth**
Recipes by
Bill Millholland

LOCATION PHOTOGRAPHY BY AARON CONWAY
FOOD PHOTOGRAPHY BY RYAN LIEBE

Stewart and Dean transform ingredients destined for the trash or compost pile into vinegar, such as bolted arugula *(far left)*. After being filtered *(left)*, some of the vinegars age in reclaimed barrels *(below)* to mellow their sharpness.

**Daniel Klemens had a problem.** It was March 2020 and the chief financial officer of Waterfields, a Cincinnati-based hydroponic produce company, saw his customer base evaporate overnight. The COVID-19 pandemic had forced the shutdown of restaurants in Ohio as part of the state's stay-at-home order, and thousands of pounds of grown-to-order—and highly perishable—microgreens, herbs and salad mix had nowhere to go. As the team hustled to find outlets for the product, Klemens texted Justin Dean: did he want 700 pounds of basil?

This was not an unusual query for Dean. When the chef founded MadHouse Vinegar Co. with farmer Richard Stewart in 2013, their goal was simple. They would transform ingredients that would otherwise be dumped into the landfill or down the drain—past-its-prime produce, damaged cases of wine, foraged fruit and excess beer from Cincinnati's craft breweries—into artisan vinegar. "The last place for product is the compost pile—if we can put it into something edible, that's our number one goal," Dean says. He picked up the basil, hauled the stash to MadHouse's production facility at Stewart's Carriage House Farm and got to work.

Dean dumped the basil into a vat with boiling filtered water to brew a tisane (think: an herbal tea), then added sugar and yeast. In this first fermentation of vinegar making, the yeast consumes the sugar and creates a basil wine with 6 to 7% alcohol. Two weeks later, Dean transferred the basil wine to oak barrels previously used for aging bourbon—also rescued, from local distiller New Riff—and added *Acetobacter,* a bacteria that sparks the second fermentation to create vinegar. Over several months, the vinegar mellowed in the barrels before it was bottled. "It's pretty special with a basil-forward flavor and hints of anise," Dean says.

Most vinegars are made differently. They're fermented from food-grade ethanol or inexpensive wine. And when you read "basil vinegar," it's most likely that the manufacturer simply infused vinegar with basil or added basil flavoring.

MadHouse has become the nexus of a regional food network linking brewers, wholesalers, farmers, makers, retailers and customers—a collaborative spirit that has yielded some pretty interesting limited-edition MadHouse productions. Dean has experimented with everything from candy canes and cold-brewed coffee to foraged ramps and native spicebush berries from Stewart's farm. Then there was the batch of banana vinegar. When LaSoupe, a Cincinnati nonprofit that transforms rescued produce from restaurants, grocery stores and farms into healthy meals for families in need, couldn't use all of the overripe bananas it had been gifted, founder Suzy DeYoung called Dean. The resulting vinegar was remarkable, with smooth tropical and caramel notes mellowing the acidity.

Many cooks may just reach for a bottle of vinegar to make dressings and marinades, but it's intriguing to think that this pantry staple can be used in so many other ways. Craft vinegar works a sort of alchemy in the kitchen, lending an acidity that elevates, balances and unifies a dish. "A good-quality acid makes for a better end product," Dean says. "Don't be afraid to experiment with different flavors of vinegar to really change the finished dish."

*No wonder* **BRYN MILLHOLLAND MOOTH** *and* **BILL MILLHOLLAND** *are both food professionals: they grew up with parents and grandmothers who excelled in the kitchen. Bryn is a food writer, editor and cookbook author. Her brother Bill is a chef and photographer. They are based in the Midwest.*

To learn 10 easy ways to reduce waste at home, hover your phone's camera over this smart code.

## Roasted Spring Carrots in Agrodolce

**ACTIVE:** 10 min **TOTAL:** 1 hr

*Agrodolce is a sticky sweet-sour Italian sauce made from vinegar and honey. Spoon it over roasted vegetables or grilled meats for a pop of flavor. A fruit vinegar gives it extra depth.*

- **1½ pounds slender carrots, scrubbed**
- **1 tablespoon extra-virgin olive oil**
- **¼ teaspoon salt plus ⅛ teaspoon, divided**
- **¼ teaspoon ground pepper, divided**
- **1 cup fruit vinegar**
- **¼ cup honey**
- **¼ cup golden raisins, chopped**
- **1 1-inch strip orange zest**
- **Finely chopped fresh parsley for garnish**

**1.** Preheat oven to 400°F.

**2.** Place carrots on a large rimmed baking sheet. Drizzle with oil and season with ¼ teaspoon salt and ⅛ teaspoon pepper; toss to coat. Roast, turning occasionally, until golden brown and tender, 35 to 40 minutes.

**3.** Meanwhile, combine vinegar, honey, raisins and orange zest in a small saucepan. Bring to a simmer over medium heat. Adjust heat to maintain a simmer and cook, stirring occasionally, until syrupy, 15 to 20 minutes. Discard the zest. Season with the remaining ⅛ teaspoon each salt and pepper.

**4.** Spoon the agrodolce over the carrots and toss to coat. Return to the oven and roast for 5 minutes more. Serve the carrots sprinkled with parsley, if desired.

**SERVES 4:** 1 cup each

**Cal** 207 **Fat** 4g (sat 1g) **Chol** 0mg **Carbs** 42g **Total sugars** 31g (added 17g) **Protein** 2g **Fiber** 5g **Sodium** 340mg **Potassium** 670mg.

**"GOOD VINEGAR EXCITES THE PALATE AND GIVES BRIGHTNESS AND COMPLEXITY TO A DISH."**
**—CHEF BILL NILLNOLLAND**

## Salt & Vinegar Roasted Potatoes

**ACTIVE:** 10 min **TOTAL:** 45 min

*This simple side riffs on the traditional pub combination of fries and malt vinegar.*

- **1 pound baby potatoes, halved**
- **2 tablespoons extra-virgin olive oil**
- **2 tablespoons malt vinegar, divided**
- **½ teaspoon salt plus a pinch, divided**
- **½ teaspoon ground pepper**
- **Finely chopped fresh herbs, such as parsley *or* chives, for garnish**

**1.** Preheat oven to 400°F.
**2.** Combine potatoes, oil, 1 tablespoon vinegar, ½ teaspoon salt and pepper in a medium bowl and toss to coat. Spread in a single layer on a large rimmed baking sheet. Roast, stirring once, until golden brown and tender, 35 to 45 minutes.
**3.** Return the potatoes to the bowl and add the remaining 1 tablespoon vinegar, pinch of salt and herbs, if using; toss to combine.

**SERVES 4:** ½ cup each
**Cal** 139 **Fat** 7g (sat 1g) **Chol** 0mg **Carbs** 18g **Total sugars** 2g (added 0g) **Protein** 2g **Fiber** 3g **Sodium** 327mg **Potassium** 473mg.

## Poulet au Vinaigre (Chicken in Vinegar)

**ACTIVE:** 25 min **TOTAL:** 1¼ hrs

*This classic French dish is typically made with a cut-up whole chicken. But using just one part of the bird, in this case thighs, ensures that the pieces are done at the same time. Serve this saucy braise with mashed potatoes.*

- **1¼ pounds boneless, skinless chicken thighs, trimmed**
- **½ teaspoon salt plus a pinch, divided**
- **¼ teaspoon ground pepper**
- **¼ cup all-purpose flour**
- **2 tablespoons unsalted butter**
- **2 tablespoons grapeseed *or* canola oil**
- **4 cloves garlic, sliced**
- **1 large shallot, sliced**
- **1 tablespoon tomato paste**
- **1 large tomato, seeded and diced**
- **¼ cup red-wine vinegar**
- **1 tablespoon honey**
- **1½ cups low-sodium chicken broth**
- **1 tablespoon chopped fresh parsley**
- **1 tablespoon chopped fresh tarragon**

**1.** Pat chicken dry and season with ½ teaspoon salt and pepper. Place flour in a shallow bowl and toss the chicken in it to coat, shaking off excess. (Discard the remaining flour.)
**2.** Heat butter and oil in a large skillet over medium-high heat until foamy. Add the chicken and cook, flipping once, until brown on both sides, 9 to 12 minutes total. Add garlic, shallot and the remaining pinch of salt; cook for 1 minute. Add tomato paste; cook for 1 minute. Stir in tomato, vinegar and honey, scraping up any browned bits. Stir in broth. Bring to a simmer.
**3.** Reduce heat to low, cover and cook for 15 minutes. Uncover and cook, flipping the chicken occasionally, until the sauce is slightly thickened, 20 to 25 minutes more. Stir in parsley and tarragon.

**SERVES 4:** 3 oz. chicken & ½ cup sauce each
**Cal** 386 **Fat** 23g (sat 7g) **Chol** 110mg **Carbs** 15g **Total sugars** 7g (added 4g) **Protein** 29g **Fiber** 1g **Sodium** 472mg **Potassium** 448mg.

## Spring Salad with Pickled Shallot & Avocado

**ACTIVE:** 35 min **TOTAL:** 50 min

*Quick-pickling the shallot tames its sharpness while preserving its crunch. Instead of pouring the pickling liquid down the drain, we use it to make a flavorful vinaigrette.*

- **½ small shallot, thinly sliced and separated into rings**
- **¼ cup white-wine vinegar**
- **2 teaspoons granulated sugar**
- **Pinch of salt plus ½ teaspoon, divided**
- **1½ cups snow peas, trimmed (4 ounces)**
- **2 tablespoons Dijon mustard**
- **¼ teaspoon cracked black pepper**
- **¾ cup grapeseed *or* canola oil**
- **10 cups baby romaine *or* butter lettuce leaves**
- **4 radishes, thinly sliced**
- **1 ripe avocado, sliced**
- **6 tablespoons sliced almonds, toasted**
- **Shaved pecorino Romano cheese for garnish**

**1.** Place shallot in a medium heatproof bowl. Bring vinegar, sugar and a pinch of salt to a simmer in a small saucepan. Simmer for 2 minutes, then pour over the shallot. Let stand, stirring occasionally, for 30 minutes.
**2.** Meanwhile, fill the saucepan with water and bring to a boil. Add snow peas and cook until tender-crisp, about 1 minute. Transfer with a slotted spoon to a bowl of ice water to cool. Drain and slice the peas on the bias.
**3.** Transfer the pickled shallots to a small bowl with a slotted spoon. Whisk mustard, pepper and the remaining ½ teaspoon salt into the pickling liquid. Slowly drizzle in oil, whisking constantly, until thoroughly blended.
**4.** Combine lettuce and the snow peas in a large bowl. Add ½ cup dressing (reserve the remaining dressing for another use) and toss gently to coat. Top the salad with radishes, avocado, almonds and the pickled shallots. Garnish with cheese, if desired.

**SERVES 6:** 1½ cups each
**Cal** 229 **Fat** 21g (sat 2g) **Chol** 0mg **Carbs** 8g **Total sugars** 2g (added 1g) **Protein** 3g **Fiber** 4g **Sodium** 196mg **Potassium** 258mg.

### WINE PAIRINGS

When choosing wines to go with vinegar-forward dishes, look to mimic the mouth-puckering effect of the food to create a harmonious balance. Otherwise, the wine will get lost in the shuffle. A few to try with these dishes:

With crisp acidity and lush fruit, the **2019 Pine Ridge Chenin Blanc-Viognier,** Napa, CA ($12), plays nicely with the rich salmon and apple in the ceviche.

The **2019 Casal de Ventozela Vinho Verde Espadeiro Rosé,** Portugal ($12), has a touch of effervescence that cuts the acidity of the salad's pickled shallots and vinaigrette.

Swimming in tomato and red-wine vinegar, the Poulet au Vinaigre commands a bolder pairing. The **2018 Cordero di Montezemolo Langhe Nebbiolo,** Piedmont, Italy ($27), has soft tannins and fruit-forward acidity.

## Salmon Ceviche with Vinegar, Apple & Fennel

**ACTIVE:** 20 min **TOTAL:** 50 min
**TO MAKE AHEAD:** Refrigerate for up to 3 hours.

*Here we swap vinegar for the lime juice traditionally used to make ceviche throughout Latin America. Serve with crispy rye crackers or vegetables.*

- **1 pound skinless salmon, cut into ½-inch pieces**
- **1 small Golden Delicious apple, peeled and finely diced**
- **1 cup finely diced fennel**
- **¼ cup cider vinegar**
- **1 small shallot, minced**
- **1 tablespoon minced fresh dill, plus more for garnish**
- **1 tablespoon minced fresh parsley**
- **½ teaspoon salt**
- **½ teaspoon ground pepper**

Combine salmon, apple, fennel, vinegar, shallot, dill, parsley, salt and pepper in a nonreactive medium bowl and toss gently. Refrigerate for at least 30 minutes or up to 3 hours. Garnish with more dill, if desired.

**SERVES 8:** ½ cup each
**Cal** 140 **Fat** 8g (sat 2g) **Chol** 31mg **Carbs** 5g **Total sugars** 3g (added 0g) **Protein** 12g **Fiber** 1g **Sodium** 195mg **Potassium** 362mg.

## BOTTLE REDEMPTION

Artisan vinegar makers across the country are crafting bottles worth seeking out. Since they're mostly made in small batches, you'll likely have to order online.

**American Vinegar Works**
Lowell, MA
*americanvinegarworks.com*
Look for the occasional seasonal vinegars like wild blueberry along with its base lineup of malt, wine, cider and rice-wine.

**Chaparral Gardens**
Atascadero, CA
*chaparralgardens.com*
Many of this producer's vinegars originate from fruit grown organically on site or nearby. Try its award-winning Pacific Spice vinegar, made with kiwi and hot peppers, and balsamic-style fruit vinegars.

**Katz Farm,** Napa, CA
*store.katzfarm.com*
It makes sense that a company in wine country is crafting quality vinegars with local grapes. Along with offerings like the late-harvest sauvignon blanc vinegar, you'll find ones made with heirloom apples and honey.

**Lindera Farms,** Delaplane, VA
*linderafarms.com*
Daniel Liberson and his staff produce more than 25 types of vinegar made from fruits, vegetables and more. Their floral varieties like elderflower and magnolia are ideal for making cocktails.

**MadHouse Vinegar Co.**
North Bend, OH, *goodvinegar.com*
Along with their flagship malt, cider and wine vinegars, look for ones made with corn, various fruits, peppermint and coffee.

**Slide Ridge,** Mendon, UT
*slideridge.com*
Beekeeper Martin James and his family turn honey from their 3,000 hives in northern Utah into vinegar, including variations infused with hot chiles.

STYLING: JUDY KIM (FOOD), PAIGE HICKS (PROPS)

## Strawberry-Basil Shrub Cocktail

**ACTIVE:** 15 min **TOTAL:** 8 days (including macerating time)
**TO MAKE AHEAD:** Refrigerate shrub (Steps 1-4) for up to 6 months. **EQUIPMENT:** Quart jar with lid

***A shrub is a fruit syrup made with vinegar, and it's been used for centuries to preserve seasonal fruit. You can make a refreshing cocktail with it, as we do here, or try a splash in a glass of seltzer to make your own craft soda.***

**SHRUB**

- **2 cups strawberries, hulled and halved**
- **1 cup granulated sugar**
- **1 cup rosé vinegar *or* ½ cup each red-wine and white-wine vinegar**
- **1 large sprig fresh basil**

**COCKTAIL FOR 1**

- **Ice cubes**
- **2 ounces gin**
- **1 ounce elderflower liqueur, such as St. Germain**
- **3 dashes orange bitters, such as Angostura**
- **Club soda *or* seltzer water**
- **1 sprig fresh basil for garnish**

**1. To prepare shrub:** Pour boiling water over a quart jar and lid to sterilize. Let stand for 10 minutes, then empty and let cool.
**2.** Add strawberries and sugar to the jar; use a wooden spoon to mash the berries until chunky. Cover and let stand at room temperature for 24 hours.
**3.** Add vinegar and basil sprig. Cover and gently shake until the sugar has dissolved. Refrigerate for 1 week.
**4.** Strain the mixture through a fine-mesh sieve, pressing on the solids with a wooden spoon to extract the liquid. Wash and resterilize the jar and lid. Return the shrub to the jar.
**5. To prepare cocktail:** Fill a highball glass with ice. Add gin, liqueur, bitters and 1 oz. shrub; stir to combine. Top with a splash of club soda (or seltzer). Garnish with basil, if desired.
**MAKES:** 2 cups shrub, enough for 16 cocktails
**SHRUB (PER TBSP.): Cal** 26 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 6g **Total sugars** 6g (added 6g) **Protein** 0g **Fiber** 0g **Sodium** 1mg **Potassium** 6mg.

**COCKTAIL (5 OZ.): Cal** 198 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 17g **Total sugars** 16g (added 13g) **Protein** 0g **Fiber** 0g **Sodium** 9mg **Potassium** 49mg.

No, that incredible cabbage is not a prop. "I love to grow unusual, hard-to-find produce, like this 'Glory of Enkhuizen' cabbage," says photographer Eva Kolenko. All the photos in this piece were shot in her actual Novato, California, garden.

# Be Victorious!

Salad Primavera with Creamy Mustard Vinaigrette, page 99

# 25 Ways to Win the Garden Season

**Get ready for a great big haul, thanks to these pro growing tips—on everything from which fruits and veggies to plant and how to water just enough, to natural ways to keep pests at bay. Plus, all new ways to cook your tomatoes, zucchini and more.**

By Johanna Silver • Recipes by Jenni Ridall • Photography by Eva Kolenko

**We can't think of a more grounding activity—literally and figuratively—than tending a garden. It allows you to plant fruits and veggies unavailable at your local market, shave bucks off the family budget, and to spend time outside with your hands in the dirt. And there's the sheer gratification of growing your own food. What's also grounding about gardening: no matter how much you know, there's always more to learn. *EatingWell* hit up gardening experts from all over the country to get their top seed-to-harvest secrets for success, so this can be your best growing season yet.**

• 1 •

### Plant what you love.

Often people default to growing what they think they *should* grow, rather than the crops they most want to eat. If that means planting eggplant instead of zucchini? Fine. Release yourself from any pressure or expectation. All of the experts we consulted emphasize: you are much more likely to have success tending to a crop that you actually like. That said, don't be afraid to experiment with a fun or different veggie, says Mary Beth Shaddix, author of *The Cooking Light Pick Fresh Cookbook,* who co-owns Maple Valley Nursery near Birmingham, Alabama, with her husband. (She never used to grow hot peppers and now has more than 20 varieties!)

• 2 •

### Know when to start from seed...

Root crops like beets, carrots and radishes resent being transplanted, so they're best to start straight in the ground, says Seattle-based Lorene Edwards Forkner, author of six gardening books. Cucurbits (squash family members), including cucumbers, melons, pumpkin and zucchini, also do best when direct-sown after the soil temperature reaches 60 degrees and the danger of frost is past. In cooler regions, you may need to sprout seeds indoors until the ground warms, or buy seedlings *(see below)*. Starting from seed can seem intimidating, but Edwards Forkner insists it's a cinch. Plunk them into the ground at a depth that's half as deep as the seed is wide and keep the soil moist until germination. You can do it—*really.*

• 3 •

### ...And when to reach for a seedling.

Unless you started your eggplants, peppers and tomatoes in late winter or early spring, forget about planting seeds—they'll take too long to grow. Grab seedlings from a nursery instead, suggests C.L. Fornari, a gardening consultant on Cape Cod who hosts the radio show *GardenLine* and co-hosts the *Plantrama* podcast. Also, look for containers with multiple plants in the same cell. (Just tease them apart by tugging gently on the stems and letting the roots untangle.) You'll double—sometimes triple—the number of plants you get to sink in the ground, not to mention the amount you'll be able to harvest later.

• 4 •

### Know your region's strengths and weaknesses.

You can have a fruit and vegetable garden almost anywhere in the world, but it's important to understand the pros and cons of your specific climate. For example, in cool, foggy coastal regions, you might struggle to grow hot-season crops like melons and pumpkins, but you can produce greens nearly year-round. The oppressive summer heat in the South and Southwest U.S. means tomatoes might need afternoon shade, notes certified master gardener Jodi Torpey, author of *Blue Ribbon Vegetable Gardening*. In arid climates, while your squash, melons and pumpkins may really thrive, you'll need to be extra vigilant about soil irrigation, as it can dry out in the blink of an eye.

• 5 •

### Look for regionally adapted varieties.

You'll have better luck if you pick varieties of plants that are meant for your region, says Torpey. Some cultivars are named after the locale in which they were bred, cluing you in that they'll succeed in your garden. For example, 'San Francisco Fog' is a tomato that's ideal for cool Bay Area summers (seeds available at *tomatofest.com*), 'King of the North' is a red bell pepper bred in Maine (*seedsavers.org*) and it grows well in cooler, shorter Northeast seasons; 'Missouri Gold' melon is an heirloom native to the region that's designed to withstand drought (*southernexposure.com*). Remember: seed catalogs are your friends—or you can pick up starter plants at your local farmers' market.

**"The chickens tend to follow me around because they know if I'm harvesting they will get a few handouts," says Kolenko. "Of course, if left unattended they will 100% help themselves—which you can see from the chomped-on lettuce on the right."**

## Spring Vegetable Minestra with Mint & Basil Pistou

**ACTIVE:** 30 min **TOTAL:** 1¼ hrs

**EQUIPMENT:** Cheesecloth, kitchen string

*If you don't already stash Parmesan rinds in your freezer, look for them at a supermarket with a specialty cheese section—ask for them if they're not prepackaged. You'll need six to eight rinds.*

**SOUP**

- 2 quarts cold water
- 2 stalks fennel plus ½ cup diced fennel bulb, divided
- 2 bay leaves
- 1 small bunch fresh thyme
- ½ teaspoon black peppercorns
- 2 3-inch pieces orange zest
- 8 ounces Parmesan cheese rinds
- 1 cup diced tomato
- ½ cup diced carrot
- ½ cup diced green beans
- ½ cup diced leek
- 1 15-ounce can no-salt-added white beans, rinsed
- ¼ teaspoon crushed red pepper
- 6 cups chopped escarole
- 4 cups spinach, stemmed
- ½ teaspoon kosher salt
- ½ teaspoon ground pepper

**PISTOU**

- 3 cups lightly packed basil leaves
- 1 cup lightly packed mint leaves
- ¾ cup grated Parmesan cheese
- 2 teaspoons chopped garlic
- ¼ teaspoon crushed red pepper
- ¼ cup extra-virgin olive oil

**1. To prepare soup:** Bring water to a boil in a large pot over medium-high heat. Wrap fennel stalks, bay leaves, thyme, peppercorns and orange zest in cheesecloth and tie with kitchen string. Add to the pot along with Parmesan rinds. Adjust heat to maintain a simmer, partially cover and cook for 30 minutes.

**2.** Stir in diced fennel, tomato, carrot, green beans, leek, white beans and crushed red pepper. Partially cover and simmer until the vegetables are very tender, about 30 minutes.

**3. Meanwhile, prepare pistou:** Combine basil, mint, grated Parmesan, garlic and crushed red pepper in a food processor. Process until the herbs are finely chopped. Scrape down the sides. With the motor running, stream in oil and process until mostly smooth.

**4.** Remove the Parmesan rinds and sachet from the soup. Stir in escarole and spinach; cook until wilted, about 5 minutes. Season with salt and pepper. Serve topped with the pistou.

**SERVES 6:** 1½ cups soup & 2 Tbsp. pistou each
**Cal** 240 **Fat** 14g (sat 3g) **Chol** 11mg **Carbs** 19g **Total sugars** 2g (added 0g) **Protein** 9g **Fiber** 7g **Sodium** 469mg **Potassium** 538mg.

**"I get almost as much pleasure researching and planning the garden as I do actually gardening," says Kolenko, who considers practical things, such as water needs, as well as how it will look visually.**

• 6 •

## Opt for crops that are pricy at the store—or super-perishable.

If you have to make decisions based on space, Edwards Forkner recommends leaving the agricultural commodities, like lettuce and onions, to the farmers. Devote your precious soil space to expensive heirloom tomatoes, which can cost $6 a pound, or raspberries that have a short shelf life. Some crops, like mulberries, are too delicate to even make it to the market—so you'd have to grow your own mulberry trees to experience their intense sweet-tart flavor.

• 7 •

## Don't forget herbs.

"In small-space gardening, you'll get the most flavor per square foot by growing herbs," says Torpey. Think: basil, oregano, cilantro, rosemary, thyme or mint (always put the latter in a pot as it will take over any bed). Or branch out and try some less-common herbs, like chervil, holy basil or lemon verbena.

• 8 •

## Compost, compost, compost.

Sure, you're after that juicy strawberry, spicy pepper or sweet corn. But to feed yourself, you first need to feed your soil, says Fornari. It actually has a complex microbiome—just like your gut—filled with beneficial bacteria, protozoa, fungi and worm-like nematodes. This soil microbiome helps to digest organic material (from things like decomposing leaves) and to make the nutrients it contains accessible to your crops. Where does that good bacteria come from? Compost. (Adding chemical fertilizers can have the opposite effect.) Buy bagged compost from an independent nursery; they often source from small, local producers, which can really make a difference in quality. Or better yet, make your own. On top of feeding your soil's microbiome, composting is an excellent way to divert waste from the landfill.

• 9 •

## Give breathing room.

We know you get excited about planting *all the things*—Purple carrots! Fennel! Celery root!—but resist the urge to cram as many plants as close as you possibly can. Believe it or not, there's actually as much root mass growing below as there is foliage above. And crowding plants leads to decreased growth and production, as well as all sorts of problems from lack of airflow between branches and leaves, says Edwards Forkner. Trust: you'll be much happier with one thriving 'Green Zebra' tomato plant than seven struggling ones. So follow those spacing instructions. They're there for a reason.

• 10 •

## Get hip to drip.

Fruits and vegetables depend on water. They're *made* of water! Cucumbers and iceberg lettuce and bok choy are over 96% water by volume, and all the rest—broccoli, celery, blueberries, you name it—are around or more than 90% water. And nothing gives your plants exactly the hydration they need better than a drip system, says Shaddix. Using just a slow trickle at the root zone, drip systems save water, minimize disease problems caused by wet foliage, suppress weed growth, and allow for slow, deep waterings—best for plant health. Hooking up a system—tubes and emitters that can be connected to any spigot—is simpler than you think. Kind of like Legos for grown-ups.

• 11 •

## Add a security blanket.

Whether you use burlap sacks, straw, leaf litter, wood chips or a few inches of finished compost, mulching your garden helps retain moisture, suppress weeds and mitigate temperature swings, says Fornari. Organic types of mulch have the added benefit of releasing nutrients back into the soil as they slowly decompose.

• 12 •

## Resist going nuclear on pests.

It's tempting to go in with the big guns at the first sign of a problem. But start by turning to integrated pest management. Born in the 1960s in response to the negative impacts of synthetic pesticides, this approach encourages taking time to diagnose the issue before taking action, especially reaching for a jug of chemicals. Once you know what you're up against, Shaddix recommends trying physical barriers whenever possible, like a fence for deer, or other chemical-free solutions, like blasting aphids with water or handpicking tomato hornworms. Other experts recommend copper tape for snails and slugs and netting for birds and squirrels. Save pesticide and herbicide interventions for a last resort, and look for organic varieties. Biological pesticides, such as *Bacillus thuringiensis* (Bt, a species of bacteria that lives in soil and is toxic to common pests, like mosquitoes and caterpillars, but not harmful to people or the planet), can be gentler alternatives to harsh chemicals.

**For a grow-your-own-salsa container garden plan, hover your phone's camera over this smart code.**

• 13 •

## And realize that nature is nature.

You share the garden with critters of all sizes, from deer to aphids, squirrels to slugs. "We've got Bambi and Thumper, along with woodchucks, crows, mice, voles—the whole gamut," says Fornari. But rather than seeing gardening as a battle against these intruders, she views them as her dancing partners. "There's always something you're dancing with, and if you look at it as a dance, it makes handling issues a lot more entertaining and bearable." You might wind up with munched-on kale leaves or chard that has some holey leaves. Who cares? More often than not, it will still be perfectly delicious.

• 14 •

## Plant an insurance policy.

If you have the space, growing a few extra just in case can't hurt. Shaddix's motto: "Plant one for you, one that can be a goof up, and one for them." (Looking at you, squirrel.) If they're all successful and you have more than you know what to do with, well, congratulate yourself and donate the extra to your local food bank.

• 15 •

## Add blooms.

"Always, always have flowers," says Edwards Forkner. "They're beautiful, cheery and hugely important to a fruit and vegetable garden." Flowers help increase the pollination of your produce, support struggling bee populations and draw in other insects that keep pests out of your garden—like lacewings, ladybugs and parasitic wasps. They can even fend off pests on their own: marigolds repel aphids, mosquitoes and even rabbits, and nasturtiums deter whiteflies and squash bugs. Some of the best bloomers are cosmos, daisies, purple coneflowers and zinnias. Add them to your bed ends or tuck them into containers.

• 16 •

## Get a support system.

Let's talk about tomato cages. You want ones that are sturdy, affordable and easy to store. Shaddix's favorite, which meets all three criteria: a simple roll of hog wire and a few stakes of rebar. The resulting DIY cages are better than the ubiquitous conical ones. Cut a 6-foot section of hog wire and form a cylinder, intertwining the wire ends to hold it together. Place around a young tomato plant and stake it into the ground by weaving two stakes of rebar on either side of the cage. At the end of the season, open the cages and coil them tightly for easy storage.

• 17 •

## Go vertical.

That same hog wire and rebar can serve as trellising for other crops, too, notes Shaddix. As an A-frame, it's a great support for cucumbers and melons—plants that don't necessarily need to be trellised, but sure are easier to harvest from when their vines are supported. Or go big and make a walk-through arbor, fastened with T-posts, and grow a showstopper, like trumpet-shaped 'Trombetta di Albenga' squash (find seeds at *reneesgarden.com*) or 20-inch-long 'Gita' beans (*johnnyseeds.com*).

## Veggie-Packed Okonomiyaki

**ACTIVE:** 35 min **TOTAL:** 35 min

*This savory Japanese pancake is typically made only with cabbage. Our version includes zucchini and carrot too. Top with fried eggs to make it a meal.*

- ¼ cup mayonnaise
- 1 teaspoon Sriracha
- ¼ teaspoon toasted sesame oil
- 2 cups shredded green cabbage
- 2 cups shredded zucchini
- 1 cup shredded carrot
- 4 scallions, sliced, whites and greens separated, divided
- ¼ cup brown *or* white rice flour
- ½ teaspoon kosher salt
- 2 large eggs
- 2 tablespoons canola oil
- 2 teaspoons toasted sesame seeds

**1.** Whisk mayonnaise, Sriracha and sesame oil in a small bowl. Set aside.

**2.** Combine cabbage, zucchini, carrot and scallion whites in a large bowl. Sprinkle with rice flour and salt and toss to coat. Beat eggs in a small bowl, then pour over the vegetables and stir until evenly combined.

**3.** Heat canola oil in a large nonstick skillet over medium-high heat until shimmering. Add the vegetable mixture, pressing gently on the top and sides with a spatula to shape it into a large pancake. Cook until a golden crust forms on the bottom and edges, 6 to 9 minutes. (Reduce heat, if necessary, to prevent burning.) To flip, carefully place a large plate or inverted rimless baking sheet over the pan and quickly invert. Slide the pancake back into the pan, browned-side now facing up. Continue to cook until the vegetables are tender and the bottom is golden, 3 to 4 minutes more.

**4.** Slide the okonomiyaki onto a serving plate. Drizzle with the reserved mayonnaise mixture and sprinkle with sesame seeds and scallion greens.

**SERVES 4:** ¼ okonomiyaki each

**Cal** 275 **Fat** 21g (sat 3g) **Chol** 99mg **Carbs** 16g **Total sugars** 5g (added 0g) **Protein** 6g **Fiber** 3g **Sodium** 434mg **Potassium** 414mg.

## Sautéed Bok Choy & Hakurei Turnips

**ACTIVE:** 30 min **TOTAL:** 30 min

*Hakurei (aka salad) turnips are small, sweet and tender, but you could substitute small purple-top or white turnips. If you use one of those varieties, peel and thinly slice them.*

- **1 tablespoon coconut oil**
- **2 tablespoons minced fresh ginger**
- **1 tablespoon minced garlic**
- **1½ pounds baby bok choy, trimmed and halved lengthwise**
- **8 ounces hakurei turnips, trimmed and cut into ¼-inch thick wedges**
- **1 chile pepper, such as Fresno *or* bird's eye, thinly sliced**
- **2 tablespoons water**
- **¾ teaspoon kosher salt**
- **½ teaspoon toasted sesame oil**

Heat coconut oil in a large skillet over medium heat. Add ginger and garlic; cook, stirring constantly, until soft and just starting to brown, about 3 minutes. Add bok choy (in batches if necessary), turnips and chile. Add water and salt. Cook, stirring frequently, until the bok choy and turnips are tender, 5 to 7 minutes. Drizzle with sesame oil before serving.

**SERVES 6:** 1 cup each

**Cal** 51 **Fat** 3g (sat 2g) **Chol** 0mg **Carbs** 5g **Total sugars** 3g (added 0g) **Protein** 2g **Fiber** 2g **Sodium** 335mg **Potassium** 358mg.

• 18 •

### Don't shy away from containers.

Whether you're looking to outsmart tunneling gophers or lack yard space but have room on a deck, basically anything you can grow in-ground can also be planted in a container, says Torpey. Ensure adequate space for root growth by matching the pot size to the eventual size of the plant that will grow on top. (Usually a container with both a height and diameter in the 18- to 24-inch range works well.) Make sure it has a drainage hole, and use fresh potting soil. Consider putting the pots on small stands with wheels so you can move them around to catch the sun.

• 19 •

### Deal with weeds while they're small.

Why? Because they come out easily at that stage—and can quickly grow larger than vegetable crops if ignored for a few weeks. By that point, strong taproots may make weeds a chore to unearth. Bite the bullet and get in there regularly to deal with them. Fornari's favorite tool for the job is a hula hoe (also known as a stirrup hoe or scuffle hoe). The sharp blade slices on both forward and backward strokes, cutting through weeds—while leaving soil in place—and dispatching them without even needing to bend down.

• 20 •

### Harvest at the right moment.

"Beginning gardeners often wait for that head of broccoli or eggplant to get as large as the ones at the market," says Fornari. "And homegrown ones simply might not get that big, so cut the broccoli before it ends up blooming." For many vegetables, the more you pick, the more you'll get. Don't wait for zucchini to get as big as a baseball bat. Harvest small ones (which will taste much better) and the plant will rush to make more. Pick beans and cucumbers as soon as you see ready ones.

• 21 •

### Eat. It. All.

Take a cue from the nose-to-tail movement and find ways to enjoy every part of the plant. Shaddix loves plucking fava bean and snap pea leaves to add to salads. Braise beet greens after harvesting the roots or broccoli leaves after chopping the head. Take advantage of the various life-cycle stages—snag a few new potatoes before the rest mature or harvest coriander seeds once cilantro bolts in warmer temps. One caution is to avoid rhubarb leaves—they can make you pretty sick.

## Jardiniere

**ACTIVE:** 25 min **TOTAL:** 9 hrs (including pickling time)
**TO MAKE AHEAD:** Refrigerate for up to 3 weeks.
**EQUIPMENT:** Mortar and pestle or spice grinder, two 2-qt. or four 1-qt. glass jars
*Is your garden booming? Making quick pickles is a low-pressure way to use up your bounty. Mix and match the vegetables as you see fit, just try to maintain a variety of textures and colors.* **TIP:** *After you finish a jar, use the leftover brine to make vinaigrette.*

- **2½ teaspoons coriander seeds**
- **2½ teaspoons fennel seeds**
- **¾ teaspoon black peppercorns**
- **3¾ cups white-wine vinegar**
- **1¾ cups water**
- **2½ tablespoons kosher salt**
- **⅓ cup honey**
- **2 cups small cauliflower florets**
- **2 cups trimmed and halved green beans**
- **2 cups sliced mixed bell peppers**
- **2 cups sliced yellow squash**
- **1¼ cups sliced carrots**
- **1 chile pepper, such as Fresno *or* bird's eye, thinly sliced**

**1.** Toast coriander and fennel seeds in a small skillet over medium-low heat, stirring often, until golden and fragrant, about 2 minutes. Transfer to a mortar and add peppercorns. Crush with a pestle until coarsely cracked. (*Alternatively, use a spice grinder.*)
**2.** Combine vinegar, water and salt in a large saucepan. Bring to a boil over high heat. Remove from heat and whisk in honey and the spices.
**3.** Divide cauliflower, green beans, bell peppers, squash, carrots and chile between two 2-quart (or among four 1-quart) glass jars. Pour the warm brine over the vegetables to cover. Trim the vegetables, if necessary, so they are submerged in the brine. Let cool to room temperature, then cover and refrigerate for at least 8 hours or up to 3 weeks.
**SERVES 16:** ½ cup each
**Cal** 19 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 4g **Total sugars** 2g (added 1g) **Protein** 1g **Fiber** 1g **Sodium** 124mg **Potassium** 149mg.

## Salad Primavera with Creamy Mustard Vinaigrette

**ACTIVE:** 45 min **TOTAL:** 1 hr
**TO MAKE AHEAD:** Refrigerate vinaigrette (Step 1) for up to 3 days.
*This is a salad where the vegetables really shine and the lettuce plays a supporting role. It requires a bit of work up front to blanch all the veg, but the results are impressive.* (Photo: page 91.)

**VINAIGRETTE**

- **¼ cup lemon juice**
- **1 large egg yolk**
- **1 tablespoon whole-grain mustard**
- **1 teaspoon Dijon mustard**
- **2 tablespoons minced shallot**
- **½ teaspoon minced garlic**
- **½ teaspoon kosher salt**
- **¾ cup extra-virgin olive oil**

**SALAD**

- **1 tablespoon kosher salt**
- **12 ounces baby yellow potatoes, scrubbed**
- **1 pound broccolini, trimmed**
- **1 pound asparagus, trimmed**
- **3 cups sugar snap *or* snow peas, trimmed**
- **2 cups Little Gem *or* small Boston lettuce leaves**
- **8 small radishes, thinly sliced**
- **1½ ounces aged Gouda cheese, such as Van Kaas *or* Ewephoria, shaved**
- **⅓ cup chopped almonds, toasted**
- **Ground pepper to taste**

**1. To prepare vinaigrette:** Whisk lemon juice, egg yolk, whole-grain and Dijon mustard, shallot, garlic and ½ teaspoon salt in a medium bowl. Slowly stream in oil while whisking until creamy and emulsified. Refrigerate until ready to use.
**2. To prepare salad:** Place a large bowl of ice water by the stove. Bring a large pot of water to a boil over high heat and add salt. Add potatoes and reduce heat to a gentle simmer. Cook until the potatoes are tender when pierced with the tip of a knife but not falling apart, 12 to 15 minutes. With a slotted spoon, immediately transfer the potatoes to the ice bath. Return the water to a boil and blanch broccolini, asparagus and peas in separate batches until tender-crisp, 1 to 3 minutes. Transfer each to the ice bath. Drain the vegetables and pat dry. Cut into bite-size pieces.
**3.** Arrange the blanched vegetables, lettuce and radishes in a shallow bowl or platter. Drizzle with ½ cup dressing (reserve the remaining dressing for another use) and sprinkle with Gouda, almonds and pepper.
**SERVES 4:** 3 cups each
**Cal** 432 **Fat** 27g (sat 5g) **Chol** 31mg **Carbs** 36g **Total sugars** 8g (added 0g) **Protein** 15g **Fiber** 8g **Sodium** 459mg **Potassium** 938mg.

# Seared Fish with Basil Oil & Cherry Tomato Vinaigrette

**ACTIVE:** 55 min **TOTAL:** 55 min

**TO MAKE AHEAD:** Refrigerate basil oil (Step 1) for up to 1 week.

*If you have a lot of basil, double the oil—it doesn't take any more time to make and it's delicious whisked into dressings, drizzled over grilled vegetables and used to make garlic bread. The same technique works well for lots of other herbs, too—think: tarragon, parsley, chives.*

- **¾ cup fresh basil stems and leaves, divided**
- **2 cloves garlic, smashed and peeled**
- **½ cup extra-virgin olive oil**
- **1 pint cherry tomatoes**
- **3 tablespoons sherry vinegar**
- **2 tablespoons minced shallot**
- **1 teaspoon kosher salt, divided**
- **½ teaspoon ground pepper, divided**
- **2 pounds skin-on halibut *or* salmon, cut into 6 pieces**

**1.** Separate basil leaves from stems. Chop the leaves and set aside. Heat the stems, garlic and oil in a small saucepan over medium heat just until you start to see bubbles form around the stems and garlic. Remove from heat and let steep for 20 minutes. Strain into a small bowl (discard the stems and garlic).

**2.** Cut half the cherry tomatoes in half. Heat 1 tablespoon of the basil oil in a large nonstick skillet over medium-high heat. Add the halved and whole cherry tomatoes and cook, stirring occasionally, until the skins blister and the tomatoes soften, about 5 minutes. Transfer to a medium bowl and stir in ¼ cup chopped basil, ¼ cup basil oil, vinegar, shallot, ½ teaspoon salt and ¼ teaspoon pepper; gently stir to combine.

**3.** Wipe the pan clean. Gently pat fish dry and season with the remaining ½ teaspoon salt and ¼ teaspoon pepper. Heat 2 tablespoons of the basil oil in the pan over medium heat. Add half the fish, skinned-side down. Cook until a little more than halfway cooked through, 4 to 5 minutes. Flip and cook until the flesh is opaque, 2 to 4 minutes more. Repeat with the remaining fish and 1 tablespoon basil oil. Serve the fish with the cherry tomato vinaigrette and sprinkled with the remaining chopped basil.

**SERVES 6:** 4 oz. fish & 3 Tbsp. vinaigrette each
**Cal** 321 **Fat** 21g (sat 3g) **Chol** 74mg **Carbs** 3g **Total sugars** 2g (added 0g) **Protein** 29g **Fiber** 1g **Sodium** 426mg **Potassium** 800mg.

• 22 •

### Store seeds properly.

Seed packets come with far more seeds than you often need for a given season. To best preserve their viability from year to year, store in an airtight container, like a mason jar or plastic tub, and keep them in a cool, dark place, like an unheated garage or shed. Fornari says to skip the freezer or refrigerator—the lack of humidity can sap the seeds.

• 23 •

### Preserve your harvest.

Few things are as wonderful as tapping into those summer flavors long after the season has passed. Beyond traditional canning, you've got a plethora of options when it comes to preservation, says Fornari. She roasts most of her vegetables, like eggplant and zucchini, without oil in a 375°F oven, cools them and then packs them into freezer bags—which she finds retains more flavor than the tried-and-true method of blanching and shocking them in cold water before packing and freezing. Dehydration (you can even use your oven!) and pickling *(try the Jardiniere on page 99)* are two other ways to go.

• 24 •

### Get yourself a hori-hori.

Yes, you'll need a few tools along your gardening journey, but Torpey recommends you promptly invest in a hori-hori (it means "to dig" in Japanese). This small, multipurpose tool has a steel blade that's serrated on one side and etched with measuring units so you can easily tell the depth of what you're planting. You'll find yourself using it for everything from making seed troughs and weeding to breaking through tough soil and harvesting root crops. Pick one up at your local nursery or at *gardeners.com*.

• 25 •

### Find success in the small things.

All four of our experts insist that to be a successful gardener, you have to fall in love with the process, not just the end product. You have to think creatively about all sorts of challenges. You have to embrace the fails and the windfalls. And whether the season goes for better or worse, you can always blame the weather.

**Johanna Silver** *is a James Beard Award-winning writer and the author of several gardening books. She lives in Berkeley, where she grows fruits, veggies and entirely too many flowers.*

STYLING: MARIAN COOPER CAIRNS (FOOD), NATASHA KOLENKO (PROPS)

## Roasted Strawberry Panna Cotta

**ACTIVE:** 30 min **TOTAL:** 5¼ hrs

**TO MAKE AHEAD:** Refrigerate panna cotta (Steps 1-5) for up to 3 days.

**EQUIPMENT:** Parchment paper, six 6- or 8-oz. ramekins

***Roasting strawberries brings out their natural sweetness and creates a deep, jammy flavor that plays well with dark chocolate.***

- **5 cups strawberries, hulled, divided**
- **1 cup buttermilk**
- **¾ cup granulated sugar**
- **1 cup whole milk**
- **¾ cup heavy cream, divided**
- **Pinch of salt**
- **1 vanilla bean *or* 1 teaspoon vanilla extract**
- **2 teaspoons unflavored gelatin**
- **3 tablespoons cold water**
- **¼ cup chopped dark chocolate**
- **2 teaspoons finely chopped fresh mint**

**1.** Preheat oven to 375°F. Line a large rimmed baking sheet with parchment paper.

**2.** Cut 4 cups strawberries in half and spread evenly on the prepared pan. Roast, stirring every 10 minutes, until very soft and starting to caramelize, 30 to 35 minutes. Let cool to room temperature, about 15 minutes.

**3.** Transfer the roasted strawberries to a blender, add buttermilk and blend until smooth. Transfer to a large bowl or large glass measuring cup.

**4.** Combine sugar, milk, ½ cup cream and salt in a small saucepan. If using vanilla bean, split in half lengthwise, scrape the seeds and add the seeds and pod to the cream; otherwise, add vanilla extract. Bring to a simmer over medium heat, then immediately remove from heat and let steep for 15 minutes.

**5.** Sprinkle gelatin over water in a small bowl and let bloom for 1 minute. Whisk the bloomed gelatin into the warm cream until dissolved, taking care not to add too much air. Strain the mixture through a fine-mesh sieve into the strawberry mixture. (Discard solids.) Gently stir to combine. Ladle or pour the mixture into six 6- or 8-ounce ramekins. Cover with plastic wrap and refrigerate until set, at least 4 hours or up to 3 days.

**6.** Just before serving, combine the remaining ¼ cup cream and chocolate in a small microwaveable bowl. Microwave on High until the chocolate begins to melt, 30 to 45 seconds. Stir until the chocolate is completely melted. Dice the remaining 1 cup strawberries and combine with mint in a small bowl. Top each panna cotta with a thin layer of chocolate sauce and some of the strawberries.

**SERVES 6:** ½ cup each

**Cal** 321 **Fat** 15g (sat 9g) **Chol** 40mg **Carbs** 43g **Total sugars** 39g (added 28g) **Protein** 5g **Fiber** 3g **Sodium** 128mg **Potassium** 369mg.

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# WELL SEASONED

SMARTS FROM OUR TEST KITCHEN

## Let's Talk Dream Sinks

An arresting gas range, a breakfast nook around a hand-carved table, a gleaming tile backsplash—all are more likely to take center stage in your kitchen than the utilitarian sink. But investing in this workhorse is so worthwhile, because while it needs to be practically suited to your lifestyle it, too, can elevate the entire room, says Leah Alexander, founder of Atlanta-based design firm Beauty Is Abundant. Read on for her advice on what features you should consider. *By Alia Akkam*

JIM WESTPHALEN

## Awash with Options

*3 sink-buying tips*

**Identify Your Type** Sinks come in a couple of basic styles. Affordable and easy to install, the drop-in sink has a prominent lip that rests atop the counter. But Alexander suggests going for an undermount variety, which is affixed beneath the counter. "You don't see anything. It's just super-clean," she says. Another sought-after version is the nostalgia-inducing, yet pricy, farmhouse sink. It has a deep basin and exposed front that must be installed into a cut-to-order kitchen countertop.

**Consider Size** Most kitchen sinks are somewhere between 24 and 36 inches wide. Alexander recommends going for one at the bigger end of the spectrum, if space allows. (For avid cooks, that means making sure you still have at least 12 inches of countertop space on either side of the sink.) When deciding between a double bowl or single one (Alexander's personal go-to), think about whether you wash a lot of large pots that will be easier to handle sans divider. If you prefer to have a space dedicated to washing and another for rinsing, however, double bowl is the way to go.

**Set It in Stone** It's not surprising that sinks fashioned out of copper are coveted right now for their antimicrobial qualities—not to mention their eye-catching finish. But it's the trough-style ones made from luxe countertop materials that Alexander is seeing more and more of these days. If high-performance is your priority, "granite is probably going to show the least wear and tear," she says. Other popular sink materials include Fireclay ceramic, cast iron and concrete (see pick #1, *right*).

1

2

3

## Test Kitchen Favorites *Our picks of what's new and noteworthy*

1 **Native Trails,** best known for its copper range, also has a following for its eco-friendly Native-Stone collection of lightweight, scratch-resistant concrete sinks, crafted from cement and natural jute fibers by artisans in Vietnam. The Quartet can be installed four ways: undermounted or apron-style, and with its bow-edged curve facing front or back. $1,945, *nativetrailshome.com*

2 Combining natural quartz and durable, fade-proof acrylic resins, the **Elkay Quartz Luxe** sink is available in drop-in, undermount and farmhouse varieties. It comes in nine colors, including Maraschino, Silvermist and Chestnut, but we're partial to the cool Mint Creme hue that brings a retro flourish to the kitchen. Starting at $548, *elkay.com*

3 **Moen's granite sinks**—choose from undermount or drop-in—feature hardy, heat-resistant surfaces that are designed to withstand fresh-from-the-oven pans. They come in versatile shades of black, gray, mocha and white, and are outfitted with natural, sound-deadening material—a quiet bonus. Starting at $403, *moen.com*

COURTESY: NATIVE TRAILS; ELKAY; MOEN

Ask Breana

# How do I keep my kitchen sponge germ-free?

No matter what type of sponge you use, I don't have to tell you: they can get gross. A still buzzed-about 2017 *Scientific Reports* study revealed that an average of 362 different species of bacteria live on a single sponge, with 82 billion pathogens found in just 1 cubic inch! While most were generally harmless, other research has shown the presence of *E. coli* and *Salmonella,* which can cause illness. Here are the best practices we use in the Test Kitchen:

**Keep It Clean & Sanitize It.**
I wash my sponge frequently with hot water and dish soap. I also make sure to wring out excess water and keep it in a spot where it dries out well (try your dish rack and open a nearby window if possible to speed the process). This helps keep it grunge-free.

But what about ridding it of invisible bacteria? I reached out to microbiologist Charles Gerba, Ph.D., of the University of Arizona, who's an expert on pathogen transmission. He says that in studies he's led, soaking the sponge in bleach or using a disinfectant cleaner works well to reduce bacterial load. It's also worth checking the package instructions: one widely available brand, for example, says to sanitize their sponges in the dishwasher or by boiling, but not to microwave them.

***Just* Use It for Dishes.**
Even if you regularly disinfect your sponge, avoid potential cross-contamination by using it only for dishes. Using your sponge on dishes *and* counters increases your chances of spreading germs—especially after handling raw meat and fish, eggs and dairy. For countertop messes, grab a paper towel, disposable wipe or washable cloth instead.

**Replace Often.**
Even with daily cleanings, experts agree it's best to dispose of your sponge *at least* once a week. (If you've really put yours through the wringer, like if you've been cooking more than usual, consider replacing it every few days.) To reduce waste, I cut new sponges in half—so I end up tossing only two per month.

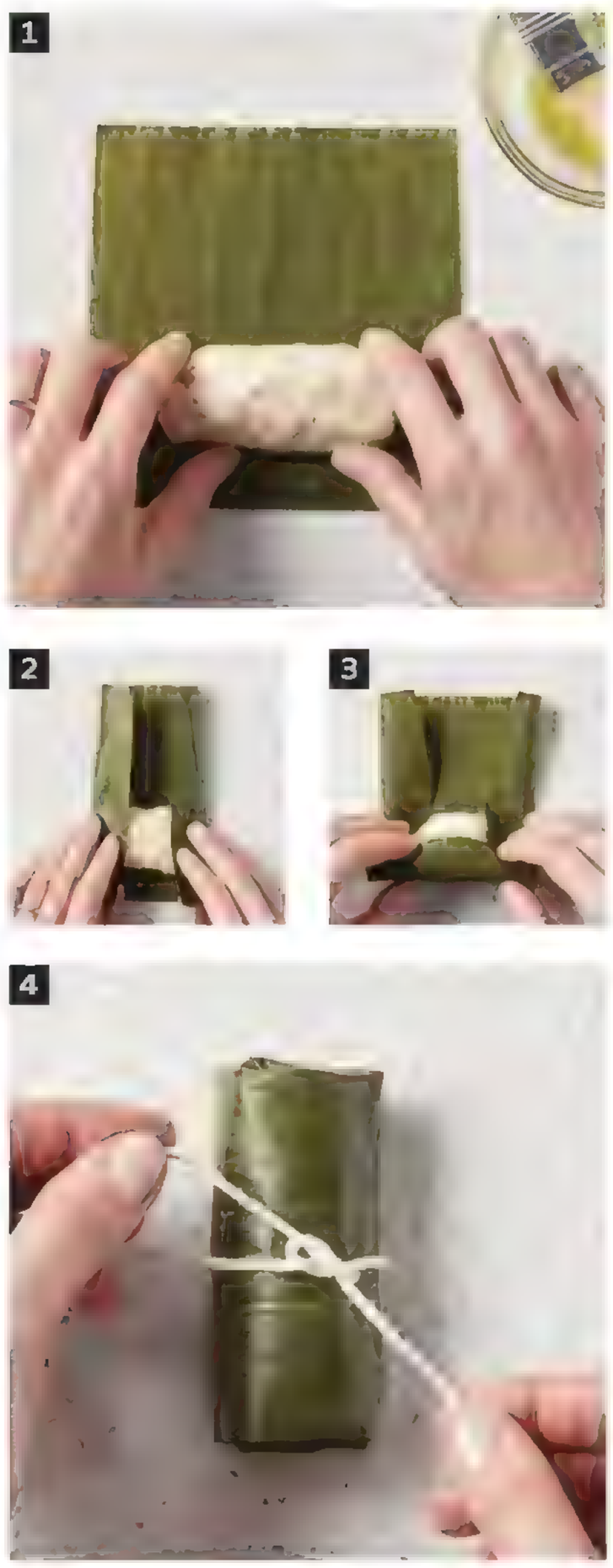
**Send Me Your Kitchen Questions**

Breana.Killeen@eatingwell.com

CLOCKWISE FROM TOP: ERIC FERGUSON/GETTY IMAGES, ILLUSTRATION BY W. SCOTT MATTHEWS; JACOB FOX; STYLING: LAUREN MCANELLY (FOOD); ERICA ALLEN

## How to Fold Guanimes

FROM PAGE 77




1 Brush a banana leaf with oil. Shape ¼ cup of masa dough into a 4-by-1-inch log and place on the leaf, leaving about a 1-inch border on the bottom and sides, and a longer 4-inch border above it. 2 Fold the sides of the leaf inward. 3 Fold the bottom of the leaf over the dough and roll the rest of the guanime up. 4 Finally, tie a piece of kitchen twine around the bundle to secure it.

**Cream of Tartar**
The acid in cream of tartar helps strengthen and stabilize the proteins in the egg whites—making the foam sturdier and less likely to collapse. Think of cream of tartar as your insurance policy for soufflés that rise perfectly!

**Egg Whites**
Soufflés get their cloudlike texture from whipped egg whites. As the ramekins heat in the oven, air bubbles in the whites expand, giving the soufflés their puff, while proteins in the yolks provide structure to hold them up.

**Frozen Spinach**
We opt for frozen because it's ultra-convenient—you'd have to cook down *1½ pounds* of fresh spinach to get the amount used here. And research shows frozen veggies are just as nutritious, if not more so, than fresh.

**Gruyère**
This Swiss cow's-milk cheese adds bold flavor, so you can use less and save calories and sodium. Gruyère also has a relatively high water-to-fat ratio and won't curdle during cooking, which could weigh down and deflate the soufflés.

**Fine Dry Breadcrumbs**
Adding breadcrumbs to the liberally greased ramekins gives the soufflés a surface to hold onto and climb as they cook. Using the fine dry kind ensures better adherence than coarser fresh breadcrumbs.

# Puff Piece

Making savory, light-as-air soufflés is *way* easier than you might think—seriously—with a few key ingredients and technique secrets.
**By Adam Dolge**

Scan this smart code with your phone's camera to shop our favorite ramekins.

## Cheese & Spinach Soufflés

**ACTIVE:** 35 min **TOTAL:** 1 hr
**EQUIPMENT:** Six straight-sided 8-oz. ramekins (You can also use twelve 4-oz. ramekins; bake for 15 to 17 minutes.)

- **2½ tablespoons unsalted butter, softened, divided**
- **3 tablespoons fine dry breadcrumbs**
- **1 cup whole milk**
- **3 tablespoons white whole-wheat flour**
- **¼ teaspoon freshly grated nutmeg**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **2 large egg yolks, at room temperature**
- **10 ounces frozen spinach, thawed, squeezed dry and chopped**
- **½ cup shredded Gruyère cheese**
- **¼ cup grated Parmesan cheese**
- **6 large egg whites, at room temperature**
- **½ teaspoon cream of tartar**

**1.** Position rack in bottom third of oven; preheat to 400°F. Coat six 8-ounce ramekins with ½ tablespoon softened butter. Sprinkle with breadcrumbs, tilting and rotating to distribute evenly. Shake out excess. Place the ramekins on a baking sheet and refrigerate.
**2.** Heat milk in a microwave-safe measuring cup in the microwave until hot, about 1½ minutes. Melt the remaining 2 tablespoons butter in a small saucepan over medium heat. Add flour and cook, whisking constantly, until a nutty aroma develops, about 2 minutes. Slowly whisk in the hot milk. Bring to a simmer and cook, stirring, until bubbling and thickened, about 2 minutes. Remove from heat. Whisk in nutmeg, salt and pepper.
**3.** Place egg yolks in a medium bowl. Gradually whisk in 2 tablespoons of the warm sauce. Slowly whisk in another 2 tablespoons sauce, then whisk in the remaining sauce. Whisk in spinach, Gruyère and Parmesan.
**4.** Combine egg whites and cream of tartar in the bowl of a stand mixer fitted with a whisk attachment. Beat on high speed until stiff peaks form. With a flexible spatula, fold one-third of the whites into the soufflé base to lighten it. Carefully fold in the remaining whites in 3 batches until mostly combined (it's OK if a few white streaks remain). Divide the mixture among the chilled ramekins.
**5.** Transfer the ramekins, on the baking sheet, to the oven. Reduce the temperature to 375°. Bake until the soufflés are light golden and puffed, about 25 minutes (resist the temptation to peek until the last 5 minutes). Serve immediately.
**SERVES 6:** 1 soufflé each
**Cal** 191 **Fat** 12g (sat 7g) **Chol** 92mg **Carbs** 9g **Total sugars** 3g (added 0g) **Protein** 12g **Fiber** 2g **Sodium** 351mg **Potassium** 350mg.

JACOB FOX; STYLING: LAUREN MCANELLY (FOOD), SUE MITCHELL (PROPS); ILLUSTRATION BY EMMA DIBBEN

| | | CALORIES | CARBS (G) | ADDED SUGARS (G) | PROTEIN (G) | FIBER (G) | SODIUM (MG) | POTASSIUM (MG) | CALCIUM (% DV) | FOLATE (% DV) | IRON (% DV) | VITAMIN A (% DV) | VITAMIN $B_{12}$ (% DV) | VITAMIN C (% DV) | 45 MINUTES OR LESS | GLUTEN-FREE | HEART-HEALTHY | LOW-CAL | VEGAN | VEGETARIAN |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Starters, Cocktails & Snacks** | | | | | | | | | | | | | | | | | | | | |
| 62 | Beet Jerky | 28 | 6 | 0 | 1 | 2 | 132 | 186 | | | | | | | | ■ | | | | ■ |
| 32 | Radishes with Green Goddess Dressing | 56 | 6 | 0 | 2 | 2 | 219 | 300 | | | | | | | ■ | ■ | ■ | ■ | | |
| 88 | Salmon Ceviche with Vinegar, Apple & Fennel | 140 | 5 | 0 | 12 | 1 | 195 | 362 | | | | | 31 | | | ■ | ■ | ■ | | |
| 89 | Strawberry-Basil Shrub Cocktail | 198 | 17 | 13 | 0 | 0 | 9 | 49 | | | | | | | | ■ | | | ■ | ■ |
| **Soups & Salads** | | | | | | | | | | | | | | | | | | | | |
| 36 | Crispy Pea Fritter Salad | 413 | 37 | 0 | 18 | 7 | 739 | 754 | 25 | 53 | 22 | 91 | | 56 | ■ | | | ■ | | ■ |
| 79 | Ensalada de la Huerta con Vinagreta de Guayaba (Harvest Salad with Guava Vinaigrette) | 375 | 12 | 0 | 11 | 4 | 485 | 366 | | | | 53 | | 70 | ■ | ■ | | ■ | | ■ |
| 99 | Salad Primavera with Creamy Mustard Vinaigrette | 432 | 36 | 0 | 15 | 8 | 459 | 938 | | | 31 | 71 | | 157 | | ■ | | | | ■ |
| 80 | Sopa de Calabaza Rostizada (Roasted Pumpkin Soup) | 173 | 12 | 0 | 1 | 2 | 423 | 405 | | | | 205 | | | | ■ | | ■ | ■ | ■ |
| 87 | Spring Salad with Pickled Shallot & Avocado | 229 | 8 | 1 | 3 | 4 | 196 | 258 | | | | 32 | | 37 | | ■ | ■ | | ■ | ■ |
| 94 | Spring Vegetable Minestra with Mint & Basil Pistou | 230 | 19 | 0 | 9 | 7 | 469 | 538 | | 25 | 20 | 134 | | 28 | | ■ | | ■ | | ■ |
| **Side Dishes** | | | | | | | | | | | | | | | | | | | | |
| 32 | Asparagus Casserole | 179 | 13 | 0 | 7 | 3 | 360 | 380 | | | | | | | ■ | | | | | ■ |
| 60 | Balsamic Broccoli & Cauliflower | 91 | 5 | 0 | 2 | 2 | 310 | 163 | | | | | | | ■ | ■ | ■ | ■ | ■ | ■ |
| 60 | Curried Mashed Butternut Squash | 84 | 12 | 2 | 3 | 3 | 294 | 192 | | | | 48 | | | ■ | ■ | ■ | ■ | ■ | ■ |
| 99 | Jardiniere | 19 | 4 | 1 | 1 | 1 | 124 | 149 | | | | 35 | | 33 | | ■ | ■ | ■ | | ■ |
| 60 | Parmesan White Beans | 154 | 21 | 0 | 8 | 6 | 343 | 294 | | | | | | | ■ | ■ | | ■ | | ■ |
| 60 | Quinoa with Peas & Lemon | 148 | 21 | 0 | 6 | 4 | 369 | 193 | | | | 20 | | | ■ | ■ | | ■ | | ■ |
| 79 | Raíces Isleñas con Pesto de Cilantrillo y Aguacate (Island Roots with Cilantro Pesto & Avocado) | 290 | 42 | 0 | 2 | 5 | 239 | 691 | | | | | | 21 | ■ | ■ | ■ | | ■ | ■ |
| 85 | Roasted Spring Carrots in Agrodolce | 207 | 42 | 17 | 2 | 5 | 340 | 670 | | | | 568 | | | | ■ | | | | ■ |
| 86 | Salt & Vinegar Roasted Potatoes | 139 | 18 | 0 | 2 | 3 | 327 | 473 | | | | | | | ■ | | | | ■ | ■ |
| 98 | Sautéed Bok Choy & Hakurei Turnips | 51 | 5 | 0 | 2 | 2 | 335 | 358 | | 20 | | 101 | | 64 | ■ | ■ | | ■ | ■ | ■ |
| **Vegetarian & Vegan** | | | | | | | | | | | | | | | | | | | | |
| 78 | Asopao de Gandules (Pigeon Pea Stew) | 241 | 22 | 0 | 5 | 5 | 489 | 463 | | 27 | | 36 | | 43 | ■ | ■ | | ■ | ■ | ■ |
| 44 | Black Bean & Greens Wrap with Cilantro Vinaigrette | 459 | 49 | 0 | 12 | 12 | 675 | 613 | 20 | | 23 | 32 | | 26 | ■ | | | | ■ | ■ |
| 106 | Cheese & Spinach Soufflés | 191 | 9 | 0 | 12 | 2 | 351 | 350 | | 20 | | 120 | | | | | | ■ | | ■ |
| 60 | Cheesy Spinach Fritters | 210 | 14 | 0 | 9 | 3 | 356 | 323 | 23 | 33 | | 183 | | | ■ | | | ■ | | ■ |
| 54 | Chipotle Tofu Tacos | 351 | 35 | 0 | 18 | 6 | 452 | 367 | 45 | | 21 | | | 20 | ■ | ■ | | ■ | | ■ |
| 50 | Egg Salad & Avocado Toasts | 372 | 20 | 0 | 15 | 6 | 516 | 570 | | 28 | | 31 | | 50 | ■ | | | | | ■ |
| 77 | Guanimes con Berenjena Guisada (Guanimes with Stewed Eggplant) | 463 | 60 | 6 | 9 | 12 | 353 | 980 | | | 32 | 48 | | 59 | | ■ | | | | ■ |
| 97 | Veggie-Packed Okonomiyaki | 275 | 16 | 0 | 6 | 3 | 434 | 413 | | | | 103 | | 31 | ■ | ■ | | ■ | | ■ |
| **Chicken** | | | | | | | | | | | | | | | | | | | | |
| 49 | Chicken & Broccoli with Herb Butter Sauce | 409 | 36 | 0 | 28 | 4 | 584 | 731 | | | | 53 | | 114 | ■ | ■ | | ■ | | |
| 34 | Plantain-Crusted Chicken Tenders with Mango Dipping Sauce | 435 | 23 | 1 | 31 | 2 | 450 | 29 | | | | | | | ■ | ■ | | | | |
| 87 | Poulet au Vinaigre (Chicken in Vinegar) | 386 | 15 | 4 | 29 | 1 | 472 | 448 | | | | 20 | | | | | | ■ | | |
| 57 | Skillet Red Pepper Pizza with Chicken & Spinach | 373 | 40 | 0 | 19 | 2 | 614 | 117 | 20 | | | | | | ■ | | | | | |
| 38 | Tarragon Chicken Drumsticks with Roasted Cauliflower & Potato Salad | 353 | 16 | 0 | 29 | 3 | 586 | 858 | | | | | | 62 | ■ | ■ | ■ | ■ | | |
| **Fish & Seafood** | | | | | | | | | | | | | | | | | | | | |
| 45 | Mahi-Mahi with Spicy Tomato-Fennel Sauce | 474 | 9 | 0 | 59 | 3 | 639 | 1,707 | | | 23 | 34 | 31 | | ■ | ■ | ■ | ■ | | |
| 100 | Seared Fish with Basil Oil & Cherry Tomato Vinaigrette | 321 | 3 | 0 | 29 | 1 | 426 | 800 | | | | | 69 | | | ■ | | ■ | | |
| 42 | Spaghetti with Arugula & Clam Sauce | 397 | 50 | 0 | 21 | 6 | 460 | 316 | | | 115 | 31 | | | ■ | | | | | |
| 52 | Sweet Heat Salmon | 283 | 30 | 19 | 24 | 1 | 337 | 578 | | | | | 80 | | ■ | ■ | | ■ | | |
| **Beef & Pork** | | | | | | | | | | | | | | | | | | | | |
| 53 | Beef & Sweet Potato Coconut Curry | 310 | 11 | 0 | 19 | 2 | 579 | 769 | | | 22 | 94 | | 21 | ■ | ■ | | | | |
| 41 | Grilled Pork & Pepper Tacos with Jalapeño-Lime Dressing | 427 | 30 | 0 | 23 | 4 | 760 | 593 | | | | | | 134 | ■ | ■ | | ■ | | |
| 40 | Steak & Asparagus Stir-Fry with Black Bean-Garlic Sauce | 350 | 12 | 1 | 26 | 3 | 769 | 745 | | 30 | 20 | 49 | 67 | 89 | ■ | | | ■ | | |
| **Desserts** | | | | | | | | | | | | | | | | | | | | |
| 80 | Dulce de Papaya con Jengibre y Cúrcuma (Candied Green Papaya with Ginger & Turmeric) | 126 | 32 | 27 | 0 | 1 | 100 | 128 | | | | | | 31 | | ■ | | | ■ | ■ |
| 101 | Roasted Strawberry Panna Cotta | 321 | 43 | 28 | 5 | 3 | 128 | 369 | | | | | | 79 | | ■ | | | | |
| 49 | Strawberry-Rhubarb Upside-Down Cake | 249 | 33 | 18 | 4 | 3 | 128 | 168 | | | | | | | | | | | | ■ |

**How We Analyze Recipes**
All recipes are analyzed for calories, total & saturated fat, cholesterol, carbohydrates, total & added sugars, protein, fiber, vitamins and minerals by a Registered Dietitian using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR.
**More info:** *eatingwell.com/go/guidelines*

**Key to Column Labels**
**% Daily Value:** Recipe provides 20% or more of the Daily Value (DV) of a nutrient for adults eating 2,000 calories/day.
**45 Minutes or Less:** A recipe's start-to-finish (total) time is 45 minutes or less.
**Gluten-Free:** No wheat, rye or barley.
**Heart-Healthy:** Limited saturated fat and sodium.
**Low-Cal:** Recipes are relatively low in calories.
**Vegan:** No animal products.
**Vegetarian:** Meatless (or meatless options listed first).

# Back to Her Roots

Cooking for Salud inspires home cooks like Patty Corona to embrace their cultural origins.

**By Leilani Clark**

Photo by Tanveer Badal

## THE SITUATION

When Patty Corona chaperoned her child's 2012 field trip to Olivewood Gardens and Learning Center in National City, California—an 8-acre property that teaches organic gardening and nutrition education—she had no idea that her life was about to change. Born in Tijuana, Mexico, Corona *(pictured)* spent her childhood on her grandparents' ranch where they grew or made most of their own food from scratch. After moving to the United States 20 years ago, those ancestral eating patterns were replaced by less healthy, grab-and-go foods. It's a story shared by many in National City, a predominantly Latin American community with some of the highest rates of diabetes and obesity in California. "Olivewood was growing the same food as my family did," Corona says. "I started volunteering there the next day."

## WHAT THEY'RE DOING

In 2013, Olivewood launched Cooking for Salud, and Corona signed up. The free, lifestyle-modification cooking program provides participants with bilingual instruction centered on nutrition and mindfulness. Over eight weeks, "kitchenistas" cook fresh takes on culturally relevant recipes. For example, when making albondigas—a traditional Mexican soup—they swap the ground beef for a mushroom and chickpea mixture. Equally important, they discuss topics like culture, community building and leadership. Today, Corona is the coordinator for Cooking for Salud. "This has transformed my life," she says. "My father died from diabetes and most of my family has diabetes or prediabetes, except for me. I have different eating patterns."

## WHY IT'S COOL

Cooking for Salud has graduated more than 260 kitchenistas, and the program has expanded to include seniors, members of the African American and Filipino communities, and anyone with heart disease or diabetes. (Classes have continued online through the pandemic.) After completing the program, the kitchenistas offer peer-to-peer presentations on nutrition and cooking at schools, supermarkets and community centers all around the San Diego area. "Make your own homemade tortillas, get out your molcajete, and bring out the stories of your childhood and your heritage," says Corona. "When you share that with your community, it grows and grows. We are transforming the city."

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